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With a complete INDEX to the Whole.

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By SARAH JACKSON. K

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The WHOLE makes a complete Family COOK
and PHYSICIAN.

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THE
YOUNG WOMAN'S
Best Companion.

1. *To make Hare Soop.*

CUT the Hare into small Pieces, wash it, and put it into a Stew-pan, with a Knuckle of Veal; put in it a Gallon of Water, a little Salt, and a Handful of sweet Herbs; let it stew till the Gravy be good; fry a little of the Hare to brown the Soop; you may put in it some Crusts of white Bread among the Meat to thicken the Soop; put it into a Dish, with a little stewed Spinage, crisped Bread, and a few Forced-meat Balls. Garnish your Dish with boiled Spinage and Turnips, cut it in thin square Slices.

2. *To make Green Pease Soop.*

Take a Neck of Mutton, and a Knuckle of Veal, make of them a little good Gravy; then take half a
B Peck

2 *The Young Woman's best Companion.*

Peck of the greenest young Turnips and Carrots : Strain all through a Cullinder, season it to your Taste; then put into the Dish a little Spinage stewed in Butter, and a little crisp Bread ; so serve it up.

3. *Common Pease Soup in Winter.*

Take a Quart of good boiling Pease, which put into a Pot with a Gallon of soft Water whilst cold ; add thereto a little Beef or Mutton, a little hang Beef or Bacon, and two or three large Onions ; boil all together while your Soup is thick ; salt it to your Taste, and thicken it with a little Wheat-flower ; strain it through a Cullinder, boil a little Sellery, cut it in small Pieces, with a little crisp Bread, and crisp a little Spinage as you would do Parsley, then put it in a Dish, and serve it up. Garnish your Dish with Raspings of Bread.

4. *To Butter Shrimps.*

Stew a Quart of Shrimps with half a Pint of White-wine, with a Nutmeg : Then beat four Eggs with a little White-wine, and a Quarter of a Pound of beaten Butter : Then shake them well in a Dish till they be thick enough : Then serve them with one Sippet for a Side-dish.

5. *Craw-Fish Soup.*

Take a Knuckle of Veal, and Part of a Neck of Mutton, to make white Gravy, putting in an Onion, a little whole Pepper and Salt to your Taste ; then take twenty Craw-Fish, boil and beat them in a Marble Mortar, adding thereto a little of the Gravy ; strain them, and put them into the Gravy ; also two or three Pieces of white Bread to thicken the Soup ; boil twelve or fourteen of the smallest Craw-Fish, and put them whole into the Dish, with a few Toasts, or *French Rolls*, which you please ; so serve it up.

You may make Lobster Soup the same Way, only add into the Soup the Seeds of the Lobster.

6. *To*

6. *To make Scotch Soop.*

Take an Houghil of Beef, cut it in Pieces, with Part of a Neck of Mutton, and a Pound of *French Barley*; put them all into your Pot, with six Quarts of Water; let it boil till the Barley be soft, then put in a Fowl; as soon as it is enough, put in a Handful of red Beet Leaves or Brockley, a Handful of the Blades of Onions, a Handful of Spinage, washed and shred very small; only let them have a little Boil, else it will spoil the Greenness. Serve it up with the Fowl in the Dish, garnished with Rasplings of Bread.

7. *To fry Beef Steaks.*

Take your Beef Steaks, and beat them with the Back of a Knife, fry them in Butter over a quick Fire, that they may be brown before they be too much done; when they are enough put them into an earthen Pot, whilst you have fry'd them all; pour out the Fat, and put them into your Pan, with a little Gravy, an Onion shred very small, a Spoonful of Catchup, and a little Salt; thicken it with a little Butter and Flour the Thickness of Cream. Garnish your Dish with Pickles.

Beef Steaks is proper for a Side-dish.

8. *Beef Steaks another Way.*

Take your Beef Steaks, and beat them with the Back of a Knife, strew them over with a little Pepper and Salt, lay them on a Gridiron over a clear Fire, turning them whilst enough; set your Dish over a Chafing-dish of Coals, with a little brown Gravy; chop an Onion small, and put it amongst the Gravy; (if your Steaks be not over-much done, Gravy will come therefrom) put it on a Dish, and shake it all together. Garnish your Dish with Shalots and Pickles.

9. *To fry Mutton Steaks.*

Take a Loin of Mutton, cut off the thin Part, then cut the rest into Steaks, and flat them with a Bill, season them with a little Pepper and Salt, fry them in But-

4 *The Young Woman's best Companion.*

ter over a quick Fire; as you fry them put them into a Stew-pan or earthen Pot, whilst you have fry'd them all; then pour the Fat out of the Pan, put in a little Gravy, and the Gravy that comes from the Steaks, with a Spoonful of Claret, an Anchovy, and an Onion or a Shalot shred; shake up the Steaks in the Gravy, and thicken it with a little Flour; so serve them up. Garnish your Dish with Horse-radish and Shalots.

10. *To boil a Leg of Lamb, with the Loin fry'd about it.*

When your Lamb is boiled lay it in the Dish, and pour upon it a little Parsley, Butter, and green Gooseberries coddled, then lay your fried Lamb round it; take some small Asparagus, and cut it small like Pease, and boil it green; when it is boiled drain it in a Cullinder, and lay it round your Lamb in Spoonfuls. Garnish your Dish with Gooseberries, and Heads of Asparagus in Lumps.

This is proper for a Bottom-dish.

11. *A Leg of Lamb boiled with Chickens round it.*

When your Lamb is boiled pour over it Parsley and Butter, with coddled Gooseberries, so lay the Chickens round your Lamb, and pour over the Chickens a little white Fricassey Sauce. Garnish your Dish with Sippets and Lemon.

This is proper for a Top-dish:

12. *How to stew a Hare.*

Take a young Hare, wash and wipe it well, cut the Legs into two or three Pieces, and all the other Parts of the same Bigness, beat them all flat with a Paste-pin, season it with Nutmeg and Salt, then flour it over, and fry it in Butter over a quick Fire; when you have fried it, put it into a Stew-pan, with a Pint of Gravy, two or three Spoonfuls of Claret, and a small Anchovy, so shake it up with Butter and Flour, (you must not let it boil in the Stew-pan, for it will make it cut hard) then serve it up. Garnish your Dish with crisp Parsley.

13. *How*

13. *How to jug a Hare.*

Take a young Hare, cut her in Pieces as you did for Stewing, and beat it well, season it with the same Seasoning you did before, put it into a Pitcher, or any other close Pot, with half a Pound of Butter, set it in a Pot of boiling Water, stop up the Pitcher close with a Cloth, and lay upon it some Weight for fear it should fall on one Side; it will take about two Hours in Stewing; mind your Pot be full of Water, and keep it boiling all the Time; when it is enough, take the Gravy from it, clear off the Fat, and put her into your Gravy in a Stew-pan, with a Spoonful or two of White-wine, a little Juice of Lemon, shred Lemon-peel and Mace; you must thinken it up as you would a white Fricasey. Garnish your Dish with Sippets and Lemon.

14. *To roast a Hare with a Pudding in the Belly.*

When you have washed the Hare, nick the Legs through the Joints, and skewer them on both Sides, which will keep her from drying in the Roasting; when you have skewered her, put the Pudding into her Belly, baste her with nothing but Butter; put a little in the Dripping-pan; you must not baste it with the Water at all: When your Hare is enough, take the Gravy out of the Dripping-pan, and thicken it up with a little Flour and Butter for the Sauce.

15. *How to make a Pudding for the Hare.*

Take the Liver, a little Beef-suet, Sweet-marjoram and Parsley shred small, with Bread-crumbs and two Eggs; season it with Nutmeg, Pepper, and Salt to your Taste; mix all together, and if it be too stiff, put in a Spoonful or two of Cream: You must not boil the Liver.

16. *To make a brown Fricasey of Rabbits.*

Take a Rabbit, cut the Legs in three Pieces, and the Remainder of the Rabbit the same Bigness, beat them thin, and fry them in Butter over a quick Fire;

6 *The Young Woman's best Companion.*

when they are fried put them into a Stew-pan with a little Gravy, a Spoonful of Catchup, and a little Nutmeg; then shake it up with a little Flour and Butter. Garnish your Dish with crisp Parsley.

17. *A white Fricasee of Rabbits.*

Take a Couple of young Rabbits, and half roast them; when they are cold take off the Skin, and cut the Rabbits in small Pieces, (only take the white Part) when you have cut it in Pieces, put it into a Stew-pan with white Gravy, a small Anchovy, a little Onion, shred Mace and Lemon-peel, set it over a Stove, and let it have one Boil, then take a little Cream, the Yolks of two Eggs, a Lump of Butter, a little Juice of Lemon and shred Parsley; put them all together into a Stew-pan, and shake them over the Fire whilst they be as white as Cream; you must not let it boil, if you do it will curdle. Garnish your Dish with shred Lemon and Pickles.

18. *To roast an Eel.*

Take a great Eel, slit the Skin a little Way, then pull off the Skin, Head and all, then parboil the Eel till it comes from the Bone, then shred it with some Oysters, sweet Herbs, and Lemon-peel, season it with Salt, then scower the Skin with Water and Salt, then stuff it full again with the Meat, sew it up, and roast it with Butter, then take for Sauce some White-wine, dissolve three Anchovies in it, then beat as much Butter as will serve for Sauce: Serve it.

19. *To dress Rabbits to look like Moor-gams.*

Take a young Rabbet, when it is cased cut off the Wings and the Head; leave the Neck of your Rabbet as long as you can; when you case it you must leave on the Feet, pull off the Skin, leave on the Claws, so double your Rabbet, and skewer it like a Fowl; put a Skewer at the Bottom through the Legs and Neck, and tie it with a String, it will prevent it flying open; when
you

you dish it up make the same Sauce as would do for Partridges. Three is enough for one Dish.

20. To make white Scotch Collops.

Take about four Pound of a Fillet of Veal, cut it in small Pieces as thin as you can, then take a Stew-pan, butter it well over, and shake a little Flour over it, then lay your Meat in Piece by Piece, whilst all your Pan be covered; take two or three Blades of Mace, and a little Nutmeg, set your Stew-pan over the Fire, toss it up together till all your Meat be white, then take Half a Pint of strong Veal Broth, which must be ready made, a Quarter of a Pint of Cream, and the Yolks of two Eggs, mix all these together, put it to your Meat, keeping it tossing all the Time till they just boil up, then they are enough; the last Thing you do squeeze in a little Lemon: You may put in Oysters, Mushrooms, or what you will, to make it rich.

21. To boil Ducks with Onion Sauce.

Take two fat Ducks, and season them with a little Pepper and Salt, and skewer them up at both Ends, and boil them whilst they are tender; take four or five large Onions, and boil them in Milk and Water, change the Water two or three Times in the boiling, when they are enough, chop them very small, and rub them through a Hair-sieve with the Back of a Spoon, till you have rubbed them quite through, then melt a little Butter, put in your Onions and a little Salt, and pour it upon your Ducks. Garnish your Dish with Onions and Sippets.

22. To stew Ducks either wild or tame.

Take two Ducks, and half roast them, cut them up as you would do for eating, then put them into a Stew-pan with a little brown Gravy, a Glass of Claret, two Anchovies, a small Onion shred very fine, and a little Salt; thicken it up with Flour and Butter, so serve it up. Garnish your Dish with Onion Sippets.

23. To

8 *The Young Woman's best Companion.*

23. *To make a white Fricasey of Chickens.*

Take two or more Chickens, half roast them, cut them up as you would do for Eating, and skin them; put them into a Stew-pan with a little white Gravy, Juice of Lemon, two Anchovies, shred Mace and Nutmeg, then boil it; take the Yolks of three Eggs, a little sweet Cream and shred Parsley, put them into your Stew-pan with a Lump of Butter and a little Salt; shake them all the while they are over the Stove, and be sure you do not let them boil, lest they should curdle. Garnish your Dish with Sippets and Lemon.

24. *How to make a brown Fricasey of Chickens.*

Take two or more Chickens, as you would have your Dish in Bigness, cut them up as you do for Eating, and flat them a little with a Paste-pin; fry them a light Brown, and put them into your Stew-pan with a little Gravy, a Spoonful or two of White-wine, a little Nutmeg and Salt; thicken it up with Flour and Butter. Garnish your Dish with Sippets and crisp Parsley.

25. *Chickens Surprise.*

Take half a Pound of Rice, set it over a Fire in soft Water, when it is half boiled put in two or three small Chickens trussed, with two or three Blades of Mace, and a little Salt; take a Piece of Bacon about three Inches square, and boil it in Water whilst almost enough, then take it out, pare off the Outsides, and put into the Chickens and Rice to boil a little together; (you must not let the Broth be over thick with Rice) then take up your Chickens, lay them on a Dish, pour over them the Rice, cut your Bacon in thin Slices to lay round your Chickens, and upon the Breast of each a Slice.

This is proper for a Side-dish.

26. *To boil Chickens.*

Take four or five small Chickens, as you would have your Dish in Bigness; if they be small ones you may scald

scald them, it will make them whiter; draw them, and take out the Breast-bone before you scald them; when you have dressed them, put them into Milk and Water, and wash them, truss them, and cut off the Heads and Necks; if you dress them the Night before you use them, dip a Cloth in Milk and wrap them in it, which will make them white; you must boil them in Milk and Water, with a little Salt; half an Hour or less will boil them.

27. To make Sauce for the Chickens.

Take the Necks, Gizzards and Livers, boil them in Water, when they are enough strain off the Gravy, and put to it a Spoonful of Oyfter Pickle; take the Livers, break them small, mix a little Gravy, and rub them through a Hair-sieve with the Back of a Spoon; then put to it a Spoonful of Cream, a little Lemon and Lemon-peel grated; thicken it up with Butter and Flour. Let your Sauce be no thicker than Cream, which pour upon your Chickens. Garnish your Dish with Sippets, Mushrooms, and Slices of Lemon.

They are proper for a Side-dish or a Top-dish either at Noon or Night.

28. How to boil a Turkey.

When your Turkey is dressed and drawn, truss her, cut off her Feet, take down the Breast-bone with a Knife, and sew up the Skin again; stuff the Breast with a white Stuffing.

29. How to make the Stuffing.

Take the Sweetbread of Veal, boil it, shred it fine, with a little Beef-suet, a Handful of Bread-crumbs, a little Lemon-peel, Part of the Liver, a Spoonful or two of Cream, with Nutmeg, Pepper, Salt, and two Eggs, mix all together, and stuff your Turkey with Part of the Stuffing, (the rest you may either boil or fry to lay round it) dredge it with a little Flour, tie it up in a Cloth, and boil it with Milk and Water. If it be a young Turkey an Hour will boil it.

30. How

30. *How to make Sauce for the Turkey.*

Take a little small white Gravy, a Pint of Oysters, two or three Spoonfuls of Cream, a little Juice of Lemon, and Salt to your Taste, thicken it up with Flour and Butter, then pour it over your Turkey, and serve it up; lay round your Turkey fried Oysters, and the Forced-meat. Garnish your Dish with Oysters, Mushrooms, and Slices of Lemon.

31. *How to make another Sauce for a Turkey.*

Take a little strong white Gravy, with some of the whitest Sellery you can get, cut it about an Inch long, boil it whilst it be tender, and put it into the Gravy, with two Anchovies, a little Lemon-peel shred, two or three Spoonfuls of Cream, a little shred Mace, and a Spoonful of White-wine; thicken it up with Flour and Butter; if you dislike the Sellery you may put in the Liver as you did for Chickens.

32. *How to roast a Turkey.*

Take a Turkey, dress and truss it, then take down the Breast-bone. *To make Stuffing for the Breast.* Take Beef-suet, the Liver shred fine, and Bread-crumbs, a little Lemon-peel, Nutmeg, Pepper and Salt to your Taste, a little shred Parsley, a Spoonful or two of Cream, and two Eggs. Put her on a Spit, and roast her before a slow Fire; you may lard your Turkey with fat Bacon; if the Turkey be young an Hour and a Quarter will roast it. For the Sauce, take a little white Gravy, an Onion, a few Bread-crumbs, and a little whole Pepper, let them boil well together, put to them a little Flour and a Lump of Butter, which pour upon the Turkey; you may lay round your Turkey Forced-meat Balls. Garnish your Dish with Slices of Lemon.

33. *How to jug Pigeons.*

Take six or eight Pigeons, and truss them, season them with Nutmeg, Pepper and Salt. *To make the Stuffing.* Take the Livers, and shred them with Beef-suet, Bread-

Bread-crumbs, Parsley, Sweet-marjoram, and two Eggs, mix all together, then stuff your Pigeons, sewing them up at both Ends. and put them into your Jug with the Breast downwards, with Half a Pound of Butter; stop up the Jug close with a Cloth, that no Steam can get out, then set them in a Pot of Water to boil; they will take about two Hours Stewing; mind you keep your Pot full of Water, and boiling all the Time; when they are enough clear from them the Gravy, and take the Fat clean off; put to your Gravy a Spoonful of Cream, a little Lemon-peel, an Anchovy shred, a few Mushrooms, and a little White wine, thicken it with a little Flour and Butter, then dish up your Pigeons, and pour over them the Sauce. Garnish the Dish with Mushrooms and Slices of Lemon.

This is proper for a Side-dish.

34. *Mirranaded Pigeons.*

Take six Pigeons, and truss them as you would do for Baking, break the Breast-bones, season and stuff them as you did for Jugging, put them into a little deep Dish, and lay over them Half a Pound of Butter; put into your Dish a little Water. Take Half a Pound of Rice, cree it soft as you would do for Eating, and pour it upon the Back of a Sieve, let it stand while it is cold, then take a Spoon, and flat it like Paste on your Hand, and lay on the Breast of every Pigeon a Cake; lay round your Dish some Puff paste not over thin, and send them to the Oven; about Half an Hour will bake them.

This is proper at Noon for a Side-dish.

35. *To stew Pigeons.*

Take your Pigeons, season and stuff them, flat the Breast-bone, and truss them up as you would do for Baking, dredge them over with a little Flour, and fry them in Butter, turning them round till all Sides be brown, then put them into a Stew-pan, with as much brown Gravy as will cover them, and let them stew whilst your Pigeons be enough; then take Part of the
Gravy,

12 *The Young Woman's best Companion.*

Gravy, an Anchovy shred, and a little Catchup, a small Onion or a Shalot, and a little Juice of Lemon for Sauce, pour it over your Pigeons, and lay round them Forced-meat Balls and crisp Bacon. Garnish your Dish with crisp Parsley and Lemon.

36. *To broil Pigeons whole.*

Take your Pigeons, season and stuff them with the same Stuffing you did jugged Pigeons, broil them either before a Fire or in an Oven; when they are enough, take the Gravy from them, and take off the Fat, then put to the Gravy two or three Spoonfuls of Water, a little boiled Parsley shred, and thicken your Sauce. Garnish your Dish with crisp Parsley.

37. *Boiled Pigeons with Fricasey Sauce.*

Take your Pigeons, and when you have drawn and trussed them up, break the Breast-bone, and lay them in Milk and Water to make them White, tie them in a Cloth, and boil them in Milk and Water; when you dish them up, put to them white Fricasey Sauce, only adding a few shred Mushrooms. Garnish with crisp Parsley and Sippets.

38. *To pot Pigeons.*

Take your Pigeons, and skewer them with their Feet cross over the Breast, to stand up; season them with Pepper and Salt, and roast them, so put them into your Pot, setting the Feet up; when they are cold cover them up with clarified Butter.

39. *To stew Pallets.*

Take three or four large Breast Pallets, and boil them very tender, blanch and cut them in long Pieces the Length of your Finger, then in small Bits the cross Way; shake them up with a little good Gravy and a Lump of Butter; season them with a little Nutmeg and Salt, put in a Spoonful of White-wine, and thicken it with the Yolks of Eggs as you do a white Fricasey.

40. *To*

40. *To make a Fricasey of Pig's Ears.*

Take three or four Pig's Ears as large as you would have your Dish in Bigness, clean and boil them very tender, cut them in small Pieces the Length of your Finger, and fry them with Butter till they be brown; so put them into a Stew-pan with a little brown Gravy, a Lump of Butter, a Spoonful of Vinegar, and a little Mustard and Salt, thickened with Flour; take two or three Pig's Feet, and boil them very tender, fit for Eating, then cut them in two, and take out the large Bones, dip them in Egg, and strew over them a few Bread-crumbs, season them with Pepper and Salt; you may either fry or boil them, and lay them in the Middle of your Dish with the Pig's Ears.

They are proper for a Side-dish.

41. *To make a Fricasey of Triper.*

Take the whitest seam Tripes you can get, and cut them in long Pieces, put them into a Stew-pan, with a little good Gravy, a few Bread-crumbs, a Lump of Butter, a little Vinegar to your Taste, and a little Mustard, if you like it; shake it up altogether with a little shred Parsley. Garnish your Dish with Sippets.

This is proper for a Side-dish.

42. *To make a Fricasey of Veal-Sweetbreads.*

Take five or six Veal-Sweetbreads, according as you would have your Dish in Bigness, and boil them in Water, cut them in thin Slices the length Way, dip them in Egg, season them with Pepper and Salt, fry them a light Brown; then put them into a Stew-pan, with a little brown Gravy, a Spoonful of White-wine, or Juice of Lemon, whether you please; thicken it up with Flour and Butter; and serve it up. Garnish your Dish with crisp Parsley.

43. *To make a white Fricasey of Tripes to eat like Chickens.*

Take the whitest and the thickest seam Tripe you can get, cut the white Part in thin Slices. put it into a
C Stew-

14 *The Young Woman's best Companion.*

Stew-pan, with a little white Gravy, Juice of Lemon and Lemon-peel shred, also a Spoonful of White-wine ; take the Yolks of two or three Eggs, and beat them very well, put to them a little thick Cream, shred Parsley, and two or three Chives, if you have any ; shake altogether over a Stove, while it be as thick as Cream ; but don't let it boil, for Fear it curdle. Garnish your Dish with Sippets, sliced Lemon or Mushrooms, and serve it up.

44. *To roll a Breast of Veal.*

Take a Breast of Veal, and bone it, season it with Nutmeg, Pepper and Salt, rub it over with the Yolk of an Egg ; then strew it over with sweet Herbs shred small, and some Slices of Bacon, cut thin, to lie upon it, roll it up very tight, bind it with coarse Inkle, put it into an earthen Dish, with a little Water, and lay upon it some Lumps of Butter ; strew a little Seasoning on the Outside of your Veal, it will take two Hours baking ; when it is baked take off the Inkle, and cut in four Rolls, lay it upon the Dish, with a good brown Gravy Sauce ; lay about your Veal the Sweetbread fried, some Forced-meat Balls, a little crisp Bacon, and a few fried Oysters, if you have any ; so serve it up. Garnish your Dish with Pickles and Lemon.

45. *A stewed Breast of Veal.*

Take the fattest and whitest Breast of Veal you can get, cut off both Ends, and boil them for a little Gravy ; take the Veal, and raise up the thin Part, make a Forced-meat of the Sweetbread boiled, a few Bread-crumbs, a little Beef-suet, two Eggs, Pepper and Salt, a Spoonful or two of Cream, and a little Nutmeg mixed all together ; so stuff the Veal, skewer the Skin close down, dredge it over with Flour, tie it up in a Cloth, and boil it in Milk and Water about an Hour. For the Sauce, take a little Gravy, about a Gill of Oysters, a few Mushrooms shred, a little Lemon shred fine, and a little Juice of Lemon ; so thicken it up with Flour and Butter ; when you dish it up, pour the same over it ; lay
over

over it a Sweetbread or two, cut in Slices, and fried, and fried Oysters. Garnish your Dish with Lemon, Pickles and Mushrooms.

This is proper for a Top-dish, either at Noon or Night.

46. *To stew a Fillet of Veal.*

Take a Leg of the best White Veal, cut off the Dug and the Knuckle, cut the rest into two Fillets, and take the fat Part, and cut it in Pieces the Thickness of your Finger; you must stuff the Veal with the Fat; make the Hole with a Penknife, draw it through, and skewer it round; season it with Pepper, Salt, Nutmeg, and shred Parsley; then put it into your Stew-pan, with Half a Pound of Butter, (without Water) and set it on your Stove; let it boil very slow, and cover it close up, turning it very often; it will take about two Hours in Stewing; when it is enough, pour the Gravy from it, take off the Fat, put into the Gravy a Pint of Oysters, and a few Capers; a little Lemon-peel, a Spoonful or two of White-wine, and a little Juice of Lemon; thicken it with Butter and Flour the Thickness of Cream; lay round it Forced-meat Balls and Oysters fried; so serve it up. Garnish your Dish with a few Capers and sliced Lemon.

47. *To make Scotch Collops.*

Take a Leg of Veal, take off the thick Part, and cut it in thin Slices for Collops, beat them with a Paste-pin, till they be very thin; season them with Mace, Pepper and Salt; fry them over a quick Fire, not over brown; when they are fried, put them into a Stew-pan with a little Gravy, two or three Spoonfuls of White-wine, two Spoonfuls of Oyster-pickle, if you have it, and a little Lemon-peel; then shake them over a Stove in the Stew-pan, but don't let them boil over much, it only hardens your Collops; take the Fat Part of your Veal, stuff it with Forced-meat, and boil it; when it is boiled, lay it in the Middle of your Dish with the

C 2

Collops;

16 *The Young Woman's best Companion.*

Collops ; lay about your Collops Slices of crisp Bacon, and Forced-meat Balls. Garnish your Dish with Slices of Lemon and Oysters, or Mushrooms.

48. *To make Veal Cutlets.*

Take a Neck of Veal, cut it in Joints, and flatten them with a Bill ; cut off the Ends of the Bones, and lard the thick Part of the Cutlets with four or five Bits of Bacon ; season it with Nutmeg, Pepper and Salt ; strew over them a few Bread crumbs, and sweet Herbs shred fine ; first dip the Cutlets in Egg to make the Crumbs stick, then broil them before the Fire, put to them a little brown Gravy Sauce ; so serve it up. Garnish your Dish with Lemon.

49. *Veal Cutlets another Way.*

Take a Neck of Veal, cut it in Joints, and flat them as before, and cut off the Ends of the long Bones ; season them with a little Pepper, Salt and Nutmeg, broil them on a Gridiron over a slow Fire ; when they are enough, serve them up with brown Gravy Sauce and Forced meat Balls. Garnish your Dish with Lemon.

50. *To roll a Pig's Head to eat like Brawn.*

Take a large Pig's Head, cut off the Groin Ends, crack the Bone, and put it in Water, shift it once or twice, cut off the Ears, then boil it so tender that the Bones will slip out ; nick it with a Knife in the thick Part of your Head, throw over it a pretty large Handful of Salt ; take Half a Dozen large Neat's Feet, boil them while they be soft, split them, and take out all the Bones and black Bits ; take a strong coarse Cloth, and lay your Feet with the Skin-side downwards, with all the loose Pieces on the Inside, press them with your Hand to make them of an equal Thickness ; lay them at that Length that they will reach round the Head, and throw over them a Handful of Salt ; then lay your Head across, one thick Part one Way, and the other another, that the Fat may appear alike at both Ends ; leave one Foot out to lay at the Top, to make the Lantern

tern to reach round, bind it with Filletting as you would do Brawn, and tie it very close at both Ends; you may take it out of the Cloth the next Day, take off the Filletting, and wash it, wrap it about it again very tight, and keep it in Brawn-Pickle.

This has been often taken for real Brawn.

51. *To make a sweet Chicken Pie.*

Break the Chicken Bones, cut them in little Bits, season them lightly with Mace and Salt, take the Yolks of four Eggs boiled hard and quartered, five Artichoke-bottoms, Half a Pound of Sun-Raisins stoned, Half a Pound of Citron, Half a Pound of Lemon, Half a Pound of Marrow, a few Forced-meat Balls, and Half a Pound of Currants well cleaned, so make a light Puff-paste, but put no Paste in the Bottom; when it is baked take a little White-wine, a little Juice of either Orange or Lemon, the Yolk of an Egg well beat, and mix them together, make it hot, and put it into your Pie; when you serve it, take the same Ingredients you use for a Lamb or Veal Pie, only leave out the Artichokes.

52. *To roast Tongues.*

Cut off the Roots of two Tongues, take three Ounces of Salt-petre, a little Bay-salt and common Salt, rub them well, let them lie a Week or ten Days to make them red, but no Salt, so boil them tender as they will blanch, strew over them a few Bread-crumbs, set them before the Fire to brown, and turn them to make them brown on every Side.

53. *To make Sauce for the Tongues.*

Take a few Bread-crumbs, and as much Water as will wet them, then put in Claret till they be red, and a little beaten Cinnamon, sweeten it to your Taste, put a little Gravy on the Dish with your Tongues, and the sweet Sauce in two Basons, set them on each Side; so serve them up.

54. *To fry Calves Feet in Eggs.*

Boil your Calves Feet as you would do for Eating, take out the long Bones, and split them in two, when they are cold season them with a little Pepper, Salt and Nutmeg; take three Eggs, put to them a Spoonful of Flour, so dip the Feet in it, and fry them in Butter; you must have a little Gravy and Butter for Sauce. Garnish with Currants, so serve them up.

55. *To make a Minced-pie of Calves Feet.*

Take two or three Calves Feet, and boil them as you would do for Eating, take out the long Bones, shred them very fine, put to them double their Weight of Beef-suet shred fine, and about a Pound of Currants well-cleaned, a Quarter of a Pound of candy'd Orange and Citron, cut in small Pieces, Half a Pound of Sugar, a little Salt, a Quarter of a Pound of Mace, and a large Nutmeg, beat them together, put in a little Juice of Lemon or Verjuice to your Taste, a Glass of Mountain-wine or Sack, which you please, so mix all together; bake them in Puff-paste.

56. *To roast a Woodcock.*

When you have dressed your Woodcock, and drawn it under the Leg, take out the bitter Bit, put in the Trales again; whilst the Woodcock is Roasting, set under it an earthen Dish, with either Water in or small Gravy, let the Woodcock drop into it, take the Gravy, and put to it a little Butter, and thicken it with Flour; your Woodcock will take about an Hour in Roasting, if you have a brisk Fire; when you dish it up, lay round it White-bread Toasts, and serve it up.

You may roast a Partridge the same Way, only add Crumb-sauce in a Bason.

57. *To make a Calf's Head Pie.*

Take a Calf's Head, and clean it, boil it as you would do for Hashing, when it is cold, cut it in thin Slices, and season it with a little black Pepper, Nutmeg

meg and Salt, a few shred Capers, a few Oysters and Cockles, two or three Mushrooms, and green Lemon-peel, mix them all well together, put them into your Pie; it must be a standing Pie, baked in a flat Pewter Dish, with a Rim of Puff-paste round the Edge; when you have filled the Pie with the Meat, lay on Forced-meat Balls, and the Yolks of some hard Eggs, put in a little small Gravy and Butter; when it comes from the Oven, take off the Lid, put into it a little White-wine to your Taste, and shake up the Pie, so serve it up without a Lid.

58. *To make a Calf's Foot Pie.*

Take two or three Calves Feet, according as you would have your Pie in Bigness, boil and bone them as you would do for Eating, and when cold, cut them in thin Slices; take about three Quarters of a Pound of Beef-suet shred fine, Half a Pound of Raisins stoned, Half a Pound of cleaned Currants, a little Mace and Nutmeg, green Lemon or Orange, mix all together, and put them into a Dish, make a good Puff-paste, but let there be no Paste in the Bottom of the Dish; when it is baked, take off the Lid, and squeeze in a little Lemon or Verjuice, cut the Lid in Sippets, and lay round.

59. *To make a Woodcock Pie.*

Take three or four Brace of Woodcocks, according as you would have the Pie in Bigness, dress and skewer them as you would do for Roasting, draw them, and season the Inside with a little Pepper, Salt and Mace; but don't wash them; put the Trales into the Belly again, but nothing else, for there is something in them, that gives them a more bitterish Taste in the Baking, than in the Roasting; when you put them into your Dish, lay them with the Breast downwards, beat them upon the Breast as flat as you can; you must season them on the Outside as you do the Inside; bake them in Puff-paste, but lay none in the Bottom of the Dish, put to them a Gill of Gravy, and a little Butter; you must be
very

20 *The Young Woman's best Companion.*

very careful your Pie be not too much baked; when you serve it up, take off the Lid, and turn the Wood-cocks with the Breast upwards.

You may bake Partridge the same Way.

60. *To pickle Pigeons.*

Take your Pigeons, and bone them; you must begin to bone them at the Neck, and turn the Skin downwards, when they are boned, season them with Pepper, Salt and Nutmeg, sew up both Ends, and boil them in Water and White-wine Vinegar, a few Bay-leaves, a little whole Pepper and Salt; when they are enough, take them out of the Pickle, and boil it down with a little more Salt; when it is cold put in the Pigeons, and keep them for Use.

61. *To make sweet Patties.*

Take the Kidney of a Loin of Veal with the Fat, when roasted, shred it very fine, put to it a little shred Mace, Nutmeg and Salt, about Half a Pound of Currants, the Juice of a Lemon, and Sugar to your Taste, then bake them in Puff paste; you may either fry or bake them.

They are proper for a Side-dish.

62. *To make Beef Rolls.*

Cut your Beef thin as for *Scotch Collops*, beat it very well, and season it with Salt, *Jamaica* and white Pepper, Mace, Nutmeg, Sweet-majoram, Parsley, Thyme, and a little Onion shred small; rub them on the Collops on one Side, then take long Bits of Beef-suet, and roll in them, tying them up with a Thread; flour them well, and fry them in Butter very brown; then have ready some good Gravy, and stew them an Hour and Half, stirring them often, and keep them covered; when they are enough, take off the Threads, and put in a little Flour, with a good Lump of Butter, and squeeze in some Lemon, then they are ready for Use.

63. *How*

63. *How to collar a Pig.*

Take a large Pig that is fat, about a Month old, kill and dress it, cut off the Head, cut it in two down the Back, and bone it, then cut it in three or four Pieces, wash it in a little Water to take out the Blood; take a little Milk and Water just warm, put in your Pig, let it lie about a Day and a Night, shift it two or three Times in that Time to make it white, then take it out, and wipe it very well with a dry Cloth, and season it with Mace, Nutmeg, Pepper and Salt; take a little shred Parsley, and sprinkle over two of the Quarters, so roll them up in a fine soft Cloth, tie it up at both Ends, bind it tight with a little Filleting, or coarse Inkle, and boil it in Milk and Water, with a little Salt; it will take about an Hour and a Half Boiling; when it is enough, bind it tight in your Cloth again, hang it up whilst it be cold: For the Pickle, boil a little Milk and Water, a few Bay-leaves, and a little Salt; when it is cold, take your Pig out of the Cloths, and put it into the Pickle; you must shift it out of your Pickle two or three Times to make it white; the last Pickle make strong, and put in a little whole Pepper, a pretty large Handful of Salt, a few Bay-leaves, and so keep it for Use.

64. *To collar Salmon.*

Take the Side of a middling Salmon, and cut off the Head, take out all the Bone, and the Outside, season it with Mace, Nutmeg, Pepper and Salt, roll it tight up in a Cloth, boil it, and bind it up with Inkle; it will take about an Hour Boiling; when it is boiled, bind it tight again; when cold, take it very carefully out of the Cloth, and bind it about with Filleting; you must not take off the Filleting, but as it is eaten.

65. *To make Pickle to keep it in.*

Take two or three Quarts of Water, a Gill of Vinegar, a little *Jamaica* Pepper and whole Pepper, a large Handful of Salt, boil them altogether, and when it is cold

22 *The Young Woman's best Companion.*

cold put in your Salmon, so keep it for Use: If your Pickle don't keep, you must renew it.

You may collar Pike the same Way.

66. *To make an Oyster Pie.*

Take a Pint of the largest Oysters you can get, clean them very well in their own Liquor, if you have not Liquor enough, add to them three or four Spoonfuls of Water; take the Kidney of a Loin of Veal, cut it in thin Slices, and season it with a little Pepper and Salt, lay the Slices in the Bottom of the Dish, (but there must be no Paste in the Bottom of your Dish) cover them with the Oysters, strew over a little of the Seasoning you did for the Veal; take the Marrow of one or two Bones, lay it over your Oysters, and cover them with Puff-paste; when it is baked, take off the Lid, put into it a Spoonful or two of White wine, shake it up altogether, and serve it up.

It is proper for a Side-dish, either for Noon or Night.

67. *To butter Crab and Lobster.*

Dress all the Meat out of the Belly and Claws of your Lobster, put it into a Stew-pan, with two or three Spoonfuls of Water, a Spoonful or two of White-wine Vinegar, a little Pepper, shred Mace, and a Lump of Butter; shake it over the Stove till it be very hot, but do not let it boil, if you do it will oil; put it into your Dish, and lay round it your small Claws. It is as proper to put it in Scallop-shells as on a Dish.

68. *To roast a Lobster.*

If your Lobster be alive, tie it to the Spit, roast and baste it about Half an Hour; if it be boiled, you must put it in boiling Water, and let it have a Boil, then lay it in a Dripping-pan, and baste it; when you lay it upon the Dish split the Tail, and lay it on each Side; so serve it up, with a little melted Butter in a China-cup.

69. *To*

69. *To make a quaking Pudding.*

Take eight Eggs, and beat them very well, put to them three Spoonfuls of *London Flour*, a little Salt, three Gills of Cream, and boil it with a Stick of Cinnamon, and a Blade of Mace; when it is cold, mix it to your Eggs and Flour, butter your Cloth, and do not give it over much Room in your Cloth; about Half an Hour will boil it; you must turn it in the Boiling or the Flour will settle; so serve it up, with a little melted Butter.

70. *A hunting Pudding.*

Take a Pound of fine Flour, a Pound of Beef-suet shred fine, three Quarters of a Pound of Currants well cleaned, a Quarter of Raisins stoned and shred, five Eggs, a little Lemon-peel shred fine, Half a Nutmeg grated, a Gill of Cream, a little Salt, about two Spoonfuls of Sugar, and a little Brandy, so mix all well together, and tie it up tight in your Cloth; it will take two Hours Boiling; you must have a little White-wine and Butter for your Sauce.

71. *A Marrow Pudding.*

Take a Penny Loaf, take off the Outside, then cut one Half in thin Slices; take the Marrow of two Bones, Half a Pound of Currants well cleaned, shred your Marrow, and sprinkle a little Marrow and Currants over the Dish; if you have not Marrow enough, you may add to it a little Beef-suet shred fine; take five Eggs, and beat them very well, put to them three Gills of Milk, grate in Half a Nutmeg, sweeten it to your Taste, mix all together, pour it over your Pudding, and save a little Marrow to sprinkle over the Top of your Pudding; when you send it to the Oven, lay a Puff-paste round the Dish Edge.

72. *A Carrot Pudding.*

Take three or four clear red Carrots, boil and peel them, take the red Part of the Carrot, beat it very fine
in

24. *The Young Woman's best Companion.*

in a Marble Mortar, put to it the Crumbs of a Penny Loaf, six Eggs, Half a Pound of clarified Butter, two or three Spoonfuls of Rose-water, a little Lemon-peel shred, grate in a little Nutmeg, mix them well together, bake it with Puff-paste round your Dish, and have a little White-wine, Butter and Sugar, for the Sauce.

73. *A Ground-Rice Pudding.*

Take a Pound of Ground-Rice, half crece it, a Quart of Milk, when it is cold, put to it five Eggs well beat, a Gill of Cream, a little Lemon-peel shred fine, Half a Nutmeg grated, Half a Pound of Butter, and Half a Pound of Sugar, mix them well together, put them into your Dish with a little Salt, and bake it with a Puff-paste round your Dish; have a little Rose-water, Butter and Sugar, to pour over it; you may prick in it candy'd Lemon or Citron, if you please.

Half of the above Quantity will make a Pudding for a Side-Dish.

74. *A Potatoe Pudding.*

Take three or four large Potatoes, boil them as you would do for Eating, beat them with a little Rose-water, and a Glas of Sack, in a Marble Mortar, put to them Half a Pound of Sugar, six Eggs, Half a Pound of melted Butter, Half a Pound of Currants well cleaned, a little shred Lemon-peel, and candy'd Orange; mix all together, and serve it up.

75. *An Apple Pudding.*

Take Half a Dozen large Coddlin's or Pippins, roast them, and take out the Pulp; take eight Eggs, (leave out six of the Whites) Half a Pound of fine Powder Sugar, beat your Eggs and Sugar well together, and put to them the Pulp of your Apples, Half a Pound of clarified Butter, a little Lemon peel shred fine, a Handful of Bread-crumbs or Biscuit, four Ounces of candy'd Orange or Citron, and bake it with a thin Paste under it.

76. *An*

76. *An Orange Pudding.*

Take three large Seville Oranges, the clearest Kind you can get, grate off all the Out-rine; take eight Eggs, (leave out six of the Whites) Half a Pound of double-refined Sugar, beat and put it to your Eggs, then beat them both together for Half an Hour; take three Ounces of sweet Almonds blanched, beat them with a Spoonful or two of fair Water, to keep them from oiling, Half a Pound of Butter, melt it without Water, and the Juice of two Oranges, then put in the Rasping of your Oranges, and mix all together; lay a thin Paste over your Dish, and bake it, but not in too hot an Oven.

77. *To fry Cucumbers for Mutton Sauce.*

You must brown some Butter in a Pan, and cut six middling Cucumbers, pare and slice them, but not over thin, drain them from the Water, then put them into the Pan; when they are fried brown, put to them a little Pepper and Salt, a Lump of Butter, a Spoonful of Vinegar, a little shred Onion, a little Gravy, not to make it too thin, so shake them well together with a little Flour.

You may lay them round your Mutton, or they are proper for a Side-dish.

78. *To force a Fowl.*

Take a good Fowl, pull and draw it, then slit the Skin down the Back, take the Flesh from the Bones, and mince it very well, mix it with a little Beef-suet, shred a Gill of large Oysters, chop a Shalot, a little grated Bread, and some sweet Herbs, mix all together, season it with Nutmeg, Pepper and Salt, make it up with Yolks of Eggs, put it on the Bones, and draw the Skin over it, sew up the Back, cut off the Legs, and put the Bones as you do a Fowl for Boiling, tie the Fowl up in a Cloth; an Hour will boil it. For Sauce, take a few Oysters, shred them, and put them into a little Gravy, with a Lump of Butter, a little Lemon-peel shred, and

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a little

26 *The Young Woman's best Companion.*

a little Juice, thicken it up with a little Flour, lay the Fowl on the Dish, and pour the Sauce upon it; you may fry a little of the Forced-meat to lay round. Garnish your Dish with Lemon; you may set it in the Oven, if you have Convenience, only rub over it the Yolk of an Egg, and a few Bread-crumbs.

79. *To make Strawberry and Raspberry Fool.*

Take a Pint of Raspberries, squeeze and strain the Juice, with a Spoonful of Orange-water, put to the Juice six Ounces of fine Sugar, and boil it over the Fire; then take a Pint of Cream, and boil it, mix them together, and heat them over the Fire, but not to boil, if it do it will curdle; stir it till it be cold, put it into your Basin, and keep it for Use.

80. *To make a Poffet with Almonds.*

Blanch and beat three Quarters of a Pound of Almonds, so fine that they will spread betwixt your Fingers like Butter, put in Water as you beat them, to keep them from oiling; take a Pint of Sack, Cherry or Gooseberry Wine, and sweeten it to your Taste with double refined Sugar, make it boiling hot; take the Almonds, put to them a little Water, and boil the Wine and Almonds together; take the Yolks of four Eggs, and beat them very well, put to them three or four Spoonfuls of Wine, then put it into your Pan by Degrees, stirring it all the while; when it begins to thicken, take it off, and stir it a little; put it into a China-dish, and serve it up.

81. *To make Dutch Beef.*

Take the lean Part of a Buttock of Beef raw, rub it well with brown Sugar all over, and let it lie in a Pan or Tray two or three Hours, turning it three or four Times, then salt it with common Salt, and two Ounces of Saltpetre; let it lie a Fortnight, turning it every Day, then roll it very straight, and put it into a Cheese-press Day and Night, then take off the Cloth, and hang it up
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to dry in the Chimney; when you boil it let it be boiled very well, it will cut in Shivers like *Dutch Beef*.

You may do a Leg of Mutton the same Way.

82. *To make Bologna Sausages.*

Take Part of a Leg of Pork or Veal, pick it clean from the Skin or Fat, put to every Pound of lean Meat a Pound of Beef-suet, picked from the Skin, shred the Meat and Suet separate, and very fine, mix them well together, add a large Handful of green Sage, shred very small; season it with Pepper and Salt, mix it well, press it down hard in an earthen Pot, and keep it for Use.

When you use them, roll them up with as much Egg as will make them roll smooth; in rolling them up, make them about the Length of your Fingers, and as thick as two Fingers; fry them in Butter, which must be boiling hot before you can put them in, and keep them rolling about in the Pan; when they are fried through they are enough.

83. *To make a common quaking Pudding.*

Take five Eggs, beat them well with a little Salt, put in three Spoonfuls of fine Flour, take a Pint of New Milk, and beat them well together; then take a Cloth, butter and flour it, but do not give it over much Room in the Cloth; an Hour will boil it, giving it a Turn every now and then at the first putting in, or else the Meal will settle to the Bottom; have a little plain Butter for Sauce, and serve it up.

84. *To make a boiled Tansey.*

Take an old Penny Loaf, cut off the out Crust, slice it thin, put to it as much hot Cream as will wet it, fix Eggs well beaten, a little shred Lemon-peel, grate in a little Nutmeg, and a little Salt; green it as you did your baked Tansey, so tie it up in a Cloth, and boil it; it will take an Hour and a Quarter Boiling; when you dish it up, stick it with candy'd Orange, and lay a

28 *The Young Woman's best Companion.*

Seville Orange, cut in Quarters, round the Dish; serve it up with melted Butter.

85. *To make Rice Pancakes.*

Take Half a Pound of Rice, wash and pick it clean, cree it in fair Water till it be a Jelly; when it is cold, take a Pint of Cream, and the Yolks of four Eggs, beat them very well together, and put them to the Rice, with grated Nutmeg, and some Salt; then put in Half a Pound of Butter, and as much Flour as will make it thick enough to fry, with as little Butter as you can.

86. *To make Fruit Fritters.*

Take a Penny Loaf, cut off the out Crust, slice it, put to it as much hot Milk as will wet it, beat five or six Eggs, put to them a Quarter of a Pound of Currants well cleaned, and a little candy'd Orange shred fine, so mix them well together, drop them with a Spoon into a Stew-pan in clarified Butter; have a little White-wine, Butter and Sugar for your Sauce, put it into a China-bason, lay your Fritters round, grate a little Sugar over them, and serve them up.

87. *To make white Puddings in Skins.*

Take Half a Pound of Rice, cree it in Milk whilst it be soft, when it is creed, put it into a Cullinder to drain, take a Penny Loaf, cut off the out Crust; then cut it in thin Slices, scald it in a little Milk, but do not make it over wet; take six Eggs, and beat them very well, a Pound of Currants well cleaned, a Pound of Beef-suet shred fine, two or three Spoonfuls of Rose-water, Half a Pound of Powder Sugar, a little Salt, a Quarter of an Ounce of Mace, a large Nutmeg grated, and a small Stick of Cinnamon; beat them together, mix them very well, and put them into the Skins; if you find it be too thick, put to it a little Cream; you may boil them near Half an Hour, it will make them keep the better.

88. *To make black Puddings.*

Take two Quarts of whole Oatmeal, pick it, and half boil it, give it Room in your Cloth, (you must do it the Day before you use it) put it into the Blood while it is warm, with a Handful of Salt, stir it very well, beat eight or nine Eggs in about a Pint of Cream, and a Quart of Bread-crumbs, a Handful or two of Maslin Meal, dressed through a Hair-sieve, if you have it, if not, put in Wheat-flour; to this Quantity, you may put an Ounce of *Jamaica* Pepper, an Ounce of black Pepper, a large Nutmeg, and a little more Salt; Sweet-marjoram and Thyme, if they be green, shred them fine; if dry, rub them to Powder; mix them well together, and if it be too thick, put it to a little Milk; take four Pound of Beef-suet, and four Pounds of Lard, skin and cut it in thin Pieces, put it into your Blood by Handfuls, as you fill your Puddings; when they are filled and tied, prick them with a Pin, it will keep them from Bursting in the Boiling; (you must boil them twice) cover them close, and it will make them black.

89. *To make Apple Fritters.*

Take four Eggs, and beat them very well, put to them four Spoonfuls of fine Flour, a little Milk, about a Quarter of a Pound of Sugar, a little Nutmeg and Salt, so beat them very well together; you must not make it very thin, if you do it will not stick to the Apple; take a middling Apple, and pare it, cut out the Core, and cut the rest in round Slices, about the Thickness of a Shilling; (you may take out the Core after you have cut it with your Thimble) have ready a little Lard in a Stew-pan, or any other deep Pan; then take your Apple every Slice single, and dip it into your Batter, let your Lard be very hot, so drop them in; you must keep them turning whilst enough, and mind that they be not over brown; as you take them out, lay them on a Pewter Dish before the Fire whilst you have done; have a little White-wine, Butter and Sugar for

30 *The Young Woman's best Companion.*

the Sauce, grate over them a little Loaf-Sugar, and serve them up.

90. *To make an Herb Pudding.*

Take a good Quantity of Spinage and Parsley, a little Sorrel and mild Thyme, put to them a Handful of great Oatmeal creed, shred them together till they be very small, put to them a Pound of Currants, well washed and cleaned, four Eggs well beaten in a Gill of good Cream; if you would have it sweet, put in a Quarter of a Pound of Sugar, a little Nutmeg, a little Salt, and a Handful of grated Bread; then meal your Cloth before you put it in close to boil; it will take as much Boiling as a Piece of Beef.

91. *To make a Pudding for a Hare.*

Take the Liver, and chop it small with some Thyme, Parsley, Suet, Crumbs of Bread mixed, with grated Nutmeg, Pepper, Salt, and Egg, a little fat Bacon and Lemon-peel; you must make the Composition very stiff, lest it should dissolve, and you lose your Pudding.

92. *To make a Bread Pudding.*

Take three Gills of Milk, when boiled, take a Penny Loaf sliced thin, cut off the out Crust, put on the boiling Milk, let it stand close covered till it be cold, and beat it very well till all the Lumps be broke; take five Eggs beat very well, grate in a little Nutmeg, shred some Lemon-peel, and a Quarter of a Pound of Butter or Beef-suet, with as much Sugar as will sweeten it; and Currants as many as you please; let them be well cleaned; so put them into your Dish, and bake or boil it.

93. *To make Clare Pancakes.*

Take five or six Eggs, and beat them very well with a little Salt, put to them two or three Spoonfuls of Cream, a Spoonful of fine Flour, mix it with a little Cream; take your Clare, and wash it very clean, wipe
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it with a Cloth, put your Eggs into a Pan, just to cover your Pan-bottom, lay the Clare in Leaf by Leaf, whilst you have covered your Pan all over; take a Spoon, and pour over every Leaf, till they are all covered; when it is done, lay the brown Side upwards, and serve it up.

94. *To make a Liver Pudding.*

Take a Pound of grated Bread, a Pound of Currants, a Pound and a Half of Marrow and Suet together, cut small, three Quarters of a Pound of Sugar, Half an Ounce of Cinnamon, a Quarter of an Ounce of Mace, a Pint of grated Liver, and some Salt; mix all together; take twelve Eggs, (leave out half of the Whites) beat them well, put to them a Pint of Cream, make the Eggs and Cream warm; then put it to the Pudding, stuff and stir it well together, so fill them in Skins; put to them a few blanched Almonds shred fine, and a Spoonful or two of Rose-water, so keep them for Use.

95. *To make Oatmeal Fritters.*

Boil a Quart of new Milk, steep a Pint of fine Flour of Oatmeal in it ten or twelve Hours; then beat four Eggs in a little Milk, so much as will make it like thick Batter, drop them in by Spoonfuls into fresh Butter, a Spoonful of Butter in a Cake, and grate Sugar over them; have Sack, Butter and Sugar for Sauce.

96. *To make Apple Dumplings.*

Take Half a Dozen Coddlings, or any other good Apples, pare and core them, make a little cold Butter Paste, and roll it up about the Thickness of your Finger, so lap round every Apple, and tie them single in a fine Cloth, boil them in a little Salt and Water, and let the Water boil before you put them in; Half an Hour will boil them; you must have for Sauce a little White-wine and Butter; grate some Sugar round the Dish, and serve them up.

97. *To make Herb Dumplins.*

Take a Penny Loaf, cut off the out Crust, and the rest in Slices, put to it as much hot Milk as will just wet it; take the Yolks and Whites of six Eggs, beat them with two Spoonfuls of Powder Sugar, Half a Nutmeg, and a little Salt, so put it to your Bread; take Half a Pound of Currants well cleaned, put them to your Eggs, then take a Handful of the mildest Herbs you can get, gather them so equal, that the Taste of one be not above the other, wash and chop them very small, put as many of them in as will make a deep Green, (don't put any Parsley amongst them, nor any other strong Herb) so mix them all together, and boil them in a Cloth, make them about the Bigness of middling Apples; about Half an Hour will boil them; put them into your Dish, and have a little candy'd Orange, White-wine, Butter and Sugar for Sauce; so serve them up.

68. *To make Marrow Tarts.*

To a Quart of Cream put the Yolks of twelve Eggs, half a Pound of Sugar, some beaten Mace and Cinnamon, a little Salt, and some Sack, set it on the Fire, with half a Pound of Biskets, as much Marrow, a little Orange-peel and Lemon-peel; stir it on the Fire till it becomes thick, and when it is cold put it into a Dish with Puff-paste, then bake it gently in a slow Oven.

99. *To make plain Fruit Dumplins.*

Take as much Flour as you would have Dumplins in Quantity, put to it a Spoonful of Sugar, a little Salt, a little Nutmeg, a Spoonful of light Yeast, and half a Pound of Currants well washed and cleaned, so knead them the Stiffness you do a common Dumplin; you must have White-wine, Sugar and Butter for Sauce; you may boil them either in a Cloth or without; so serve them up.

100. *To make Oyster Loaves.*

Take half a Dozen *French Loaves*, rasp them, and make a little Hole at the Top, take out all the Crumbs, and fry them in Butter till they be crisp; when your Oysters are stewed, put them into your Loaves, cover them up before the Fire to keep hot whilst you want them; so serve them up.

They are proper either for a side Dish, or middle Dish.

You may make Cockle Loaves or Mushroom Loaves the same Way.

101. *To make a Gooseberry Pudding.*

Take a Quart of green Gooseberries, pick, coddle, bruise, and rub them through a hair Sieve, to take out the Pulp, take six Spoonfuls of the Pulp, six Eggs, three Quarters of a Pound of Sugar, half a Pound of clarified Butter, a little Lemon-peel shred fine, a Handful of Bread-crumbs, or Bisket, a Spoonful of Rose-water, or Orange-flower Water; mix these well together, and bake it with Paste round the Dish; you may add Sweetmeats if you please.

102. *To make an Eel Pye.*

Cafe and clean the Eels, season them with a little Nutmeg, Pepper, and Salt, cut them in long Pieces; you must make your Pye with hot Butter Paste, let it be oval, with a thin Crust; lay in your Eels length-way, putting over them a little fresh Butter; so bake them.

Eel Pyes are good, and eat very well with Currants, but if you put in Currants you must not use any black Pepper, but a little *Jamaica Pepper*.

103. *To make a Turbot-Head Pie*

Take a middling Turbot-Head, pretty well cut off, wash it clean, take out the Gills, season it pretty well with Mace, Pepper, and Salt, so put it into a deep Dish, with half a Pound of Butter; cover it with light Puff-paste, but lay none in the Bottom; when it is baked, take out the Liquor and the Butter that it was
baked

34 *The Young Woman's best Companion.*

baked in; put it into a Sauce-pan, with a Lump of fresh Butter and Flour to thicken it, with an Anchovy and a Glafs of White-wine; so pour it into your Pie again over the Fish. You may lay round half a Dozen Yolks of Eggs at an equal Distance; when you have cut off the Lid, lay it in Sippets round your Dish, and serve it up.

104. *To make a Caudle for a sweet Veal Pie.*

Take about a Gill of White-wine and Verjuice mixed, make it very hot, beat the Yolk of an Egg very well, and then mix them together as you would do mul'd Ale; you must sweeten it very well, because there is no Sugar in the Pie.

This Caudle will do for any other Sort of Pie that is sweet.

105. *To make Sweet-meat Tart.*

Make a little Shell-paste, roll it, and line your Tins, prick them in the Inside, and so bake them; then you may serve them up in any Sort of Sweet-meats, what you please.

You may have a different Sort every Day, do but keep your Shells baked by you.

106. *To make Orange Tarts.*

Take two or three *Seville* Oranges, and boil them; shift them in the boiling to take out the Bitter; cut them in two, take out the Oranges, and cut them in Slices; they must be baked in crisp Paste; when you fill the Patty-pans, lay in a Layer of Oranges and a Layer of Sugar, (a Pound will sweeten a Dozen of small Tins, if you do not put in too much Orange) bake them in a slow Oven, and ice them over.

107. *To make a Tansey another Way.*

Take a Pint of Cream, some Biscuits without Seeds, two or three Spoonfuls of fine Flour, nine Eggs, leaving out two of the Whites, some Nutmeg, and Orange-flower Water,

Water, a little Juice of Tansey and Spinage ; put it into a Pan 'till it be pretty thick, then fry or bake it ; if fried, take Care that you do not let it be over brown. Garnish with Orange and Sugar, to serve it up.

108. *A good PASTE for Tarts.*

Take a Pint of Flour, and rub a Quarter of a Pound of Butter into it, beat two Eggs, with a Spoonful of double-refin'd Sugar, and two or three Spoonfuls of Cream to make it into Paste ; work it as little as you can ; roll it out thin ; butter your Tins, dust on some Flour, then lay in your Paste, and do not fill them too full.

109. *To make a Shell Paste.*

Take half a Pound of fine Flour, and a Quarter of a Pound of Butter, the Yolks of two Eggs and one White, two Ounces of Sugar finely sifted ; mix all these together with a little Water, and roll it very thin whilst you can see through it ; when you lid your Tarts, prick them, to keep them from Blistering ; make sure to roll them even, and when you bake them ice them.

110. *To make Paste for Tarts.*

Take the Yolks of five or six Eggs, just as you would have Paste in Quantity ; to the Yolks of six Eggs put a Pound of Butter ; work the Butter with your Hand whilst it take up all the Eggs ; then take some *London Flour*, and work it with your Butter whilst it comes to a Paste ; put in about two Spoonfuls of Loaf Sugar, beat and sifted, and about half a Gill of Water ; when you have wrought it well together it is fit for Use.

This is a Paste that seldom runs if it be even roll'd ; roll it thin, but let your Lids be thinner than your Bottoms ; when you have made your Tarts, prick them over with a Pin, to keep them from Blistering ; when you are going to put them into the Oven, wet them over with a Feather dipt in fair Water, and grate over them a little double-refin'd Loaf Sugar, it will ice them ; but don't let them be bak'd in a hot Oven.

111. *A short Paste for Tarts.*

Take a Pound of Wheat-flour, and rub it very small, three Quarters of a Pound of Butter, rub it as small as the Flour; put to it three Spoonfuls of Loaf Sugar beat and sifted; take the Yolks of four Eggs, and beat them very well; put to them a Spoonful or two of Rose-water, and work them into a Paste; then roll them thin, and ice them over as you did the other if you please, and bake them in a slow Oven.

112. *To make a light Paste for Venison Pastty, or other Pie.*

Take a Quarter of a Peck of fine Flour, or as much as you think you have Occasion for, and to every Quartern of Flour put a Pound and a Quartern of Butter; break the third Part of your Butter into the Flour; then take the Whites of three or four Eggs, beat them very well to a Froth, and put to them as much Water as will knead the Meal; do not knead it over stiff, so then roll it in the Rest of the Butter; you must roll it five or six Times over at least, and sprinkle a little Flour over your Butter every Time you roll it up, lap it up the Cross-way, and it will be fit for Use.

113. *To make a Paste for a standing Pie.*

Take a Quartern of Flour, or more, if you have Occasion, and to every Quartern of Flour put a Pound of Butter and a little Salt; knead it with boiling Water, then work it very well, and let it lie whilst it is cold.

This Paste is good enough for a Goose Pie, or any other standing Pie.

114. *A light Paste for a Dish Pie.*

Take a Quartern of Flour, and break into it a Pound of Butter in large Pieces; knead it very stiff, handle it as lightly as you can, and roll it once, or twice, then it is fit for Use.

115. *To make Cheese-Cakes.*

Take a Gallon of new Milk, make of it a tender Curd, wring the Whey from it, put it into a Bason, and break three Quarters of a Pound of Butter into the Curd; then with a clean Hand work the Butter and Curd together 'till all the Butter be melted; and rub it in a Hair Sieve, with the Back of a Spoon, 'till all be through; then take six Eggs, beat them with a few Spoonfuls of Rose-water or Sack, put it into your Curd, with Half a Pound of fine Sugar, and a Nutmeg grated; mix them all together, with a little Salt, some Currants and Almonds; then make up your Paste of fine Flour, with cold Butter, and a little Sugar; roll your Paste very thin, fill your Tins with the Curd, and set them in an Oven; when they are almost enough, take them out, then take a Quarter of a Pound of Butter, with a little Rose-water, and Part of a Half Pound of Sugar; let it stand on the Coals till the Butter be melted, then pour into each Cake some of it, set them in the Oven again till they be Brown; so keep them for Use.

116. *To make common Curd Cheese-Cakes.*

Take a Penny-worth of Curds, mix them with a little Cream, beat four Eggs, put to them six Ounces of clarified Butter, a Quarter of a Pound of Sugar, Half a Pound of Currants well washed, and a little Lemon-peel shred, a little Nutmeg, a Spoonful of Rose-water or Brandy, which you please, and a little Salt, mix all together, and bake them in small Petty-pans.

117. *Cheese-Cakes without Currants.*

Take five Quarts of new Milk, run it to a tender Curd, then hang it in a Cloth to drain, rub into them a Pound of Butter that is well washed in Rose-water, put to it the Yolks of seven or eight Eggs, and two of
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38 *The Young Woman's best Companion.*

the Whites ; season it with Cinnamon, Nutmeg and Sugar.

118. *To make a Curd Pudding.*

Take three Quarts of new Milk, put to it a little Erning, as much as will break it, when it is skimmed, break it down with your Hand, and when it is drained, grind it with a Mustard-Ball in a Bowl, or beat it in a Marble Mortar ; then take Half a Pound of Butter, and six Eggs, leaving out three of the Whites ; beat the Eggs well, and put them into the Curds and Butter, grate in Half a Nutmeg, a little Lemon-peel shred fine, and Salt ; sweeten it to your Taste, beat them all together, and bake them in little Petty-pans with fast Bottoms ; a Quarter of an Hour will bake them ; you must butter the Tins very well before you put them in ; when you dish them up, you must lay them the wrong Side upwards on the Dish, and stick them with either blanched Almonds, candy'd Orange, or Citron cut in long Bits, and grate a little Loaf-Sugar over them.

119. *To make Cream Cheese.*

Take three Quarts of new Milk, one Quart of Cream, and a Spoonful of Erning, put them together, let it stand till it comes to the Hardness of a strong Jelly ; then put it into the Mould, shifting it often into dry Cloths, lay the Weight of three Pounds upon it, and about two Hours after you may lay six or seven Pounds upon it ; turn it often into dry Cloths till Night, then take the Weight off, and let it lie in the Mould without Weight and Cloth till Morning, and when it is so dry that it doth not wet a Cloth, keep it in Greens till fit for Use ; if you please, you may put a little Salt into it.

120. *To make Pike eat like Sturgeon.*

Take the thick Part of a large Pike, and scale it, set on two Quarts of Water to boil it in, put in a Gill of Vinegar, a large Handful of Salt, and when it boils put in your Pike, but first bind it about with coarse Inkle ;
when

when it is boiled, you must not take off the Inkle or Baifing, but let it be on all the Time it is in Eating; it must be kept in the same Pickle it was boiled in, and if you think it be not strong enough, you must add a little more Salt and Vinegar, so when it is cold, put it upon your Pike, and keep it for Use; before you boil the Pike, take out the Bone.

You may do Scate the same Way, and in my Opinion it eats more like Sturgeon.

121. *To Collar Eels.*

Take the largest Eels you can get, skin and split them down the Belly, take out the Bones, season them with a little Mace, Nutmeg and Salt; begin at the Tail, and roll them up very tight, so bind them up in a little coarse Inkle, boil it in Salt and Water, a few Bay-leaves, a little whole Pepper, and a little Aleagar or Vinegar; it will take an Hour Boiling, according as your Roll is in Bigness; when it is boiled, you must tie it, and hang it up whilst it be cold, then put it into the Liquor that it was boiled in, and keep it for Use.

If your Eels be small, you may robe two or three of them together.

122. *To pot Smelts.*

Take the freshest and largest Smelts you can get; wipe them very well with a clean Cloth, take out the Guts with a Skewer, (but you must not take out the Milt and Roe) season them with a little Mace, Nutmeg and Salt, so lay them in a flat Pot; if you have two Score, you must lay over them five Ounces of Butter; tie over them a Paper, and set them in a slow Oven; if it be over hot it will burn them, and make them look black; an Hour will bake them; when they are baked, you must take them out, and lay them on a Dish to drain, and when they are drained, you must put them in long Pots, about the Length of your Smelts; when you lay them in, you must put betwixt every Layer the same Seasoning as you did before, to make

40 *The Young Woman's best Companion.*

them keep; when they are cold, cover them over with clarified Butter; so keep them for Use.

123. *To Pickle Smelts.*

Take the best and largest Smelts you can get, gut, wash and wipe them, lay them in a flat Pot, cover them with a little White-wine Vinegar, two or three Blades of Mace, and a little Pepper and Salt; bake them in a slow Oven, and keep them for Use.

124. *To stew a Pike.*

Take a large Pike, scale and clean it, season it in the Belly, with a little Mace and Salt; skewer it round, put it into a deep Stew-pan, with a Pint of small Gravy, and a Pint of Claret, two or three Blades of Mace; set it over a Stove, with a slow Fire, and cover it up close; when it is enough, take Part of the Liquor, put to it two Anchovies, a little Lemon-peel shred fine, and thicken the Sauce with Flour and Butter; before you lay the Pike on the Dish, turn it with the Back upwards, take off the Skin, and serve it up. Garnish your Dish with Lemon and Pickle.

125. *Sauce for a Pike.*

Take a little of the Liquor that comes from the Pike, when you take it out of the Oven, put to it two or three Anchovies, a little Lemon-peel shred, a Spoonful or two of White-wine, or a little Juice of Lemon, which you please, put to it some Butter and Flour, make your Sauce about the Thickness of Cream, put it into a Bason or Silver-boat, and set it in your Dish with your Pike; you may lay round your Pike any Sort of fried Fish, or broiled, if you have it; you may have the same Sauce for a broiled Pike, only add a little good Gravy, a few shred Capers, a little Parsley, and a Spoonful or two of Oyster and Cockle Pickle, if you have it.

126. *How to roast a Pike with a Pudding in the Belly.*

Take a large Pike, scale and clean it, draw it at the Gills. — *To make a Pudding for the Pike.* Take a large Handful

Handful of Bread-crumbs, as much Beef-suet shred fine, two Eggs, a little Pepper and Salt, a little grated Nutmeg, a little Parsley, Sweet-marjoram and Lemon-peel, shred fine; so mix all together, put it into the Belly of your Pike, skewer it round, and lay it in an earthen Dish, with a Lump of Butter over it, a little Salt and Flour, so set it in the Oven; an Hour will roast it.

127. *To dress Cod's Head.*

Take a Cod's Head, wash and clean it, take out the Gills, cut it open, and make it to lie flat; (if you have not Conveniency of Boiling it, you may do it in an Oven, and it will be as well or better) put it into a Copper Dish, or an Earthen one, lay upon it a little Butter, Salt and Flour, and when it is enough, take off the Skin.

128. *Sauce for the Cod's Head.*

Take a little white Gravy, about a Pint of Oysters or Cockles, a little shred Lemon-peel, two or three Spoonfuls of White-wine, and about Half a Pound of Butter thickened with Flour, and put it into your Boat or Bason.

129. *To stew Carp or Tench.*

Take your Carp or Tench, and wash them; scale the Carp, but not the Tench; when you have cleaned them, wipe them with a Cloth, and fry them in a Frying-pan, with a little Butter to harden the Skin; before you put them into the Stew-pan, put to them a little good Gravy, the Quantity must be according to the Largeness of your Fish, with a Gill of Claret, three or four Anchovies at least, a little shred Lemon-peel, and a Blade or two of Mace; let all stew together till your Carp be enough, over a slow Fire; when it is enough, take Part of the Liquor, put to it Half a Pound of Butter, and thicken it with a little Flour; so serve them up. Garnish your Dish with crisp Parsley, Slices of Lemon and Pickles.

40 *The Young Woman's best Companion.*

them keep; when they are cold, cover them over with clarified Butter; so keep them for Use.

123. *To Pickle Smelts.*

Take the best and largest Smelts you can get, gut, wash and wipe them, lay them in a flat Pot, cover them with a little White-wine Vinegar, two or three Blades of Mace, and a little Pepper and Salt; bake them in a slow Oven, and keep them for Use.

124. *To stew a Pike.*

Take a large Pike, scale and clean it, season it in the Belly, with a little Mace and Salt; skewer it round, put it into a deep Stew-pan, with a Pint of small Gravy, and a Pint of Claret, two or three Blades of Mace; set it over a Stove, with a slow Fire, and cover it up close; when it is enough, take Part of the Liquor, put to it two Anchovies, a little Lemon-peel shred fine, and thicken the Sauce with Flour and Butter; before you lay the Pike on the Dish, turn it with the Back upwards, take off the Skin, and serve it up. Garnish your Dish with Lemon and Pickle.

125. *Sauce for a Pike.*

Take a little of the Liquor that comes from the Pike, when you take it out of the Oven, put to it two or three Anchovies, a little Lemon-peel shred, a Spoonful or two of White-wine, or a little Juice of Lemon, which you please, put to it some Butter and Flour, make your Sauce about the Thickness of Cream, put it into a Basen or Silver-boat, and set it in your Dish with your Pike; you may lay round your Pike any Sort of fried Fish, or broiled, if you have it; you may have the same Sauce for a broiled Pike, only add a little good Gravy, a few shred Capers, a little Parsley, and a Spoonful or two of Oyster and Cockle Pickle, if you have it.

126. *How to roast a Pike with a Pudding in the Belly.*

Take a large Pike, scale and clean it, draw it at the Gills. — *To make a Pudding for the Pike.* Take a large Handful

Handful of Bread-crumbs, as much Beef-suet shred fine, two Eggs, a little Pepper and Salt, a little grated Nutmeg, a little Parsley, Sweet-marjoram and Lemon-peel, shred fine; so mix all together, put it into the Belly of your Pike, skewer it round, and lay it in an earthen Dish, with a Lump of Butter over it, a little Salt and Flour, so set it in the Oven; an Hour will roast it.

127. *To dress Cod's Head.*

Take a Cod's Head, wash and clean it, take out the Gills, cut it open, and make it to lie flat; (if you have not Conveniency of Boiling it, you may do it in an Oven, and it will be as well or better) put it into a Copper Dish, or an Earthen one, lay upon it a little Butter, Salt and Flour, and when it is enough, take off the Skin.

128. *Sauce for the Cod's Head.*

Take a little white Gravy, about a Pint of Oysters or Cockles, a little shred Lemon-peel, two or three Spoonfuls of White-wine, and about Half a Pound of Butter thickened with Flour, and put it into your Boar or Bason.

129. *To stew Carp or Tench.*

Take your Carp or Tench, and wash them; scale the Carp, but not the Tench; when you have cleaned them, wipe them with a Cloth, and fry them in a Frying-pan, with a little Butter to harden the Skin; before you put them into the Stew-pan, put to them a little good Gravy, the Quantity must be according to the Largeness of your Fish, with a Gill of Claret, three or four Anchovies at least, a little shred Lemon-peel, and a Blade or two of Mace; let all stew together till your Carp be enough, over a slow Fire; when it is enough, take Part of the Liquor, put to it Half a Pound of Butter, and thicken it with a little Flour; so serve them up. Garnish your Dish with crisp Parsley, Slices of Lemon and Pickles.

42 *The Young Woman's best Companion.*

If you have not the Convenience of stewing them, you may broil them before the Fire, only adding the same Sauce.

130. *How to make Sauce for a boiled Salmon or Turbot.*

Take a little mild white Gravy, two or three Anchovies, a Spoonful of Oyster or Cockle Pickle, a little shred Lemon-peel, Half a Pound of Butter, a little Parsley and Fennel shred small, and a little Juice of Lemon, but not too much, for fear it should take off the Sweetness.

131 *To make Sauce for Haddock or Cod, either broiled or boiled.*

Take a little Gravy, a few Cockles, Oysters or Mushrooms, put to them a little of the Gravy that comes from the Fish, either broiled or boiled, it will do very well, if you have no other Gravy, a little Catchup, and a Lump of Butter; if you have neither Oysters nor Cockles, you may put in an Anchovy or two, and thicken it with Flour; you may put in a few shred Capers, or a little Mango, if you have it.

132. *To stew Eels.*

Take your Eels, case, clean, and skewer them round, put them into a Stew-pan, with a little good Gravy, a little Claret to redden the Gravy, a Blade or two of Mace, an Anchovy, and a little Lemon-peel; when they are enough, thicken with a little Flour and Butter. Garnish with Parsley.

133. *To boil Herrings.*

Take your Herrings, scale and wash them, take out the Milt and Roe, skewer them round, and tie them in a String, or else they will come loose in the Boiling, and be spoiled; set on a pretty broad Stew-pan, with as much Water as will cover them, put to it a little Salt, lay in your Herrings, with the Backs downwards; boil with them the Milt and Roes, to lie round them; they will boil Half a Quarter of an Hour, over a slow Fire; when

when they are boiled, take them up with an Egg-Slice to turn them over, and set them to drain. Make your Sauce of a little Gravy and Butter, an Anchovy, and a little boiled Parsley shred; put it into the Bason, set it in the Middle of the Dish; lay the Herrings round, with their Tails towards the Bason, and lay the Milts and Roes betwixt every Herring. Garnish with crisp Parsley and Lemon; so serve them up.

134. *To fry Herrings.*

Scale and wash your Herrings clean, strew over them a little Flour and Salt; let your Butter be very hot, before you put your Herrings into the Pan; then shake it to keep them stirring, and fry them over a brisk Fire; when they are fried, cut off the Heads, and bruise them, put to them a Gill of Ale, (but the Ale must not be bitter) add a little Pepper and Salt, a small Onion or Shalot, if you have them, and boil them all together; when they are boiled, strain them, and put them into your Sauce-pan again, thicken them with a little Flour and Butter, put it into a Bason, and set it in the Middle of your Dish; fry the Milts and Roes together, and lay round your Herrings. Garnish your Dish with crisp Parsley, and serve it up.

135. *To pickle Herrings.*

Scale and clean your Herrings, take out the Milts and Roes, and skewer them round, season them with a little Pepper and Salt, put them in a deep Pot, cover them with Alegar, put to them a little whole *Jamaica* Pepper, and two or three Bay-leaves; bake them, and keep them for Use.

136. *To stew Oysters.*

Take a Score or two of Oysters, according as you have Occasion, put them into a small Stew-pan, with a few Bread-crumbs, a little Water, shred Mace and Pepper, a Lump of Butter, and a Spoonful of Vinegar, (not make it four) boil them all together, but not over much,

44 *The Young Woman's best Companion*

much, if you do it makes them hard. Garnish with Bread Sippets, and serve them up.

137. *Oysters in Scallop-Shells.*

Take Half a Dozen small Scallop-Shells, lay in the Bottom of every Shell a Lump of Butter, a few Bread-crumbs, and then your Oysters; laying over them again a few more Bread-crumbs, a little Butter, and a little beat Pepper; so set them to crisp, either in the Oven or before the Fire, and serve them up.

They are proper for either a Side-dish or Middle-dish.

138. *To keep Herrings all the Year.*

Take fresh Herrings, cut off their Heads, open, and wash them very clean, season them with Salt, black Pepper, and *Jamaica* Pepper, put them into a Pot, cover them with White-wine Vinegar and Water, of each an equal Quantity, and set them in a slow Oven to bake; tie the Pot up close, and they will keep a Year in the Pickle.

139. *To stew Mushrooms.*

Take Mushrooms, and clean them, the Buttons you may wash, but the Flaps you must pill, both Inside and out; when you have cleaned them, pick out the little ones for Pickling, and cut the rest in Pieces for Stewing; wash them, and put them into a little Water, give them a Boil, and it will take off the Faintness; so drain from them all the Water, then put them into a Pan, with a Lump of Butter, a little shred Mace, Pepper and Salt to your Taste, (putting to them a little Water) hang them over a slow Fire for Half an Hour; when they are enough, thicken them with a little Flour; serve them up with Sippets.

140. *To make Almond Puffs.*

Take a Pound of Almonds blanch'd, and beat them with Orange-flower Water; then take a Pound of Sugar, and boil them almost to a Candy-height, put in your Almonds,

Almonds, and stir them on the Fire, keep stirring them 'till they be cold ; beat them a Quarter of an Hour in a Mortar, putting to them a Pound of Sugar sifted, and a little Lemon-peel grated ; make it into a Paste with the Whites of three Eggs, and beat it into a Froth, more, or less, as you think proper ; bake them in an Oven almost cold, and keep them for Use.

141. *To pot Mushrooms.*

Take the largest Mushrooms, scrape and clean them ; put them into your Pan, with a Lump of Butter, and a little Salt ; let them stew over a slow Fire whilst they are enough ; put to them a little Mace and whole Pepper, then dry them with a Cloth, and put them down into a Pot as close as you can, and, as you lay them down, sprinkle in a little Salt and Mace ; when they are cold, cover them over with Butter : When you use them, tois them up with Gravy, a few Bread-crumbs, and Butter ; do not make your Pot over large, but rather put them into two Pots ; they will keep the better if you take the Gravy from them when they are stewed. They are good for Fish-sauce, or any other, whilst they are fresh.

142. *To fry Trout, or any other Sort of Fish.*

Take two or three Eggs, more or less, according as you have Fish to fry ; take the Fish, and cut it in thin Slices, lay it upon a Board, rub the Eggs over it with a Feather, and strew on a little Flour and Salt ; fry it in fine Dripping, or Butter ; let the Dripping be very hot before you put in the Fish, but don't let it burn, if you do, it will make the Fish black ; when the Fish is in the Pan, you may do the other Side with the Egg, and, as you fry it, lay it to drain before the Fire 'till all be fried, then it is ready for Use.

143. *To make Sauce for Salmon or Turbot.*

Boil your Turbot or Salmon, and set it to drain ; take the Gravy that drains from the Salmon or Turbot, an Anchovy, or two, a little Lemon-peel shred, a
Spoonful

46 *The Young Woman's best Companion.*

Spoonful of Catchup, and a little Butter, thicken it with Flour the Thickness of Cream; put to it a little shred Parsley and Fennel; but don't put in your Parsley and Fennel 'till you be just going to send it up, for it will take off the Green.

The Gravy of all Sorts of Fish is a great Addition to your Sauce, if your Fish be sweet.

144. *To dress Cod's Zoons.*

Lay them in Water all Night, and then boil them; if they be salt, shift them once in the boiling; when they are tender, cut them in long Pieces; dress them up with Eggs, as you do Salt-fish; take one, or two, of them, and cut into square Pieces; dip them in Egg, and fry them to lay round your Dish.

It is proper to lay about any other Dish.

145. *To make white Ginger-Bread.*

Take a little Gum-Dragon, lay it in Rose-water all Night, then take a Pound of *Jordan* Almonds, blanch'd, with a little of the Gum-water, a Pound of double-refined Sugar, beat and sifted, an Ounce of Cinnamon beat, with a little Rose-water; work it into a Paste, and print it, then set it in a Stove to dry.

146. *To make red Ginger-Bread.*

Take a Quart and a Gill of red Wine, a Gill and a Half of Brandy, seven or eight Manchets, according to the Size the Bread is; grate them, (the Crust must be dried, beat and sifted) three Pounds and a Half of Sugar beat and sifted, two Ounces of Cinnamon, a Pound of Almonds blanch'd, and beat with Rose-water; put the Bread into the Liquor by Degrees, stirring it all the Time; when the Bread is all well mix'd, take it off the Fire. You must put the Sugar, Spices, and Almonds into it; when it is cold, print it; keep some of the Spice to dust the Prints with.

147. *To make Icing for a Cake.*

Take two Pounds of double-refined Sugar, beat it, and sift it through a fine Sieve; put to it a Spoonful of fine Starch, a Pennyworth of Gum-Arabic; beat them well together: Take the Whites of four or five Eggs, beat them well, and put to them a Spoonful of Rose-water, or Orange-flower-water, a Spoonful of Juice of Lemon; beat them with the Whites of your Eggs, and put in a little to your Sugar till you wet it; then beat them for two Hours whilst your Cake is baking; if you make it over thin, it will run; when you lay it on your Cake you must lay it on with a Knife. If you would have the Icing very thick, you must add a little more Sugar; wipe off the loose Currants before you put on the Icing, and put it into the Oven to harden the Icing,

148. *To make a Plumb Cake.*

Take five Pounds of Flour dried and cold, mix to it an Ounce of Mace, half an Ounce of Cinnamon, a Quarter of an Ounce of Nutmegs, half a Quarter of an Ounce of Lemon-peel grated, and a Pound of fine Sugar; take fifteen Eggs, leaving out seven of the Whites, beat your Eggs with half a Gill of Brandy or Sack, a little Orange-flower-water, or Rose-water; then put to your Eggs near a Quart of light Yeast; set it on the Fire with a Quart of Cream, and three Pounds of Butter, let your Butter melt in the Cream, so let it stand till new Milk warm; then skim off all the Butter, and most of the Milk, and mix it to your Eggs and Yeast; make a Hole in the Middle of your Flour, and put in your Yeast, sprinkle at the Top a little Flour; then mix to it a little Salt, six Pounds of Currants well wash'd, clean'd, dry'd, pick'd, and plump'd by the Fire, a Pound of the best Raisins stoned, and beat them altogether 'till they leave the Bowl; put in a Pound of candy'd Orange, and half a Pound of Citron cut in long Pieces; then butter the Garth, and fill it full; bake it in a quick Oven, against it be enough have an Icing ready.

149. *To make a Carraway Cake.*

Take eighteen Eggs, leave out half of the Whites, and beat them; take two Pounds of Butter, wash the Butter clear from Milk and Salt; put to it a little Rose-water, and wash your Butter very well with your Hands 'till it take up all the Eggs, then mix them in half a Jack of Brandy and Sack; grate into your Eggs a Lemon-Rind; put in by Degrees (a Spoonful at a Time) two Pounds of fine Flour, a Pound and a half of Loaf-Sugar, that is sifted and dry; when you have mixed them very well with your Hands, take a Thible, and beat it very well for half an Hour, 'till it look very white, then mix to it a few Seeds, six Ounces of Carraway Comfits, and half a Pound of Citron and candy'd Orange; then beat it well, butter your Garth, and put it in a quick Oven.

150. *To make Cakes to keep all the Year.*

Have in Readiness a Pound and four Ounces of Flour, well dried; take a Pound of Butter unsalted, work it with a Pound of white Sugar 'till it creams, three Spoonfuls of Sack, and the Rind of an Orange; boil it till it is not bitter, and beat it with Sugar, work these together, then clean your Hands, and grate a Nutmeg into your Flour, put in three Eggs and two Whites; mix them well, then with a Paffe-pin, or Thible, stir in your Flour to the Butter, make them up into little Cakes, wet the Top with Sack, and strew on fine Sugar; bake them on buttered Papers, well floured, but not too much; you may add a Pound of Currants washed and warmed.

151. *To make Shrewsberry Cakes.*

Take two Pounds of fine Flour, put to it a Pound and a Quarter of Butter, (rub them very well) a Pound and a Quarter of fine Sugar sifted, grate in a Nutmeg, beat in three Whites of Eggs, and two Yolks, with a little Rose-water, and so knead your Paffe with it; let it lay an Hour, then make it up into Cakes; prick them

them, and lay them on Papers; wet them with a Feather dipt in Rose-water, and grate over them a little fine Sugar; bake them in a slow Oven, either on Tins or Paper.

152. *To make a fine Cake.*

Take five Pounds of fine Flour dried, and keep it warm; four Pounds of Loaf-Sugar pounded, sifted and warmed; five Pounds of Currants well cleaned and warmed before the Fire; a Pound and a Half of Almonds blanch'd, beat, dried, slit, and kept warm; five Pounds of good Butter, well washed and beat from the Water; then work it an Hour and a Half, 'till it comes to a fine Cream; put to the Butter all the Sugar, work it up, and then the Flour; put in a Pint of Brandy, then all the Whites and Yolks of the Eggs; mix all the Currants and Almonds with the Rest. There must be four Pounds of Eggs in Weight in the Shells, the Yolks and the Whites beat and separated, the Whites beat to a Froth; you must not cease beating 'till they are beat to a Curd, to prevent oiling. To the Quantity of a Cake put a Pound and a Half of Orange-peel and Citron shred, without Plumbs, and Half a Pound of Carraway Seeds; it will require four Hours baking, and the Oven must be as hot as for Bread; but let it be well flaked when it has remained an Hour in the Oven, and stop it close; you may ice it if you please.

153. *To make a Seed Cake.*

Take a Quartern of fine Flour, well dried before the Fire; when it is cold, rub in a Pound of Butter: Take three Quarters of a Pound of Carraway Comfits, six Spoonfuls of new Yeast, six Spoonfuls of Cream, the Yolks of six Eggs, and two Whites, and a little Sack; mix all these together in a very light Paste, set it before the Fire 'till it rises, and so bake it in a Tin.

154. *To make an ordinary Plumb Cake.*

Take a Pound of Flour well dried before the Fire, a Pound of Currants, Two-penny-worth of Mace and Cloves, two Eggs, four Spoonfuls of good new Yeast, half a Pound of Butter, half a Pint of Cream; melt the Butter, warm the Cream, and mix all together in a very light Paste, butter your Tin before you put it in; an Hour will bake it.

155. *To make Breakfast Cakes.*

Take a Pound of Currants, well washed, (rub them in a Cloth till dry) a Pound of Flour dried before the Fire; take three Eggs, leave out one of the Whites, four Spoonfuls of new Yeast, four Spoonfuls of Sack, or two of Brandy, beat the Yeast and Eggs well together; then take a Gill of Cream, and something above a Quarter of a Pound of Butter; set them on the Fire, and stir them 'till the Butter be melted, (but do not let them boil) grate a large Nutmeg into the Flour, with Currants, and five Spoonfuls of Sugar; mix all together, beat it with your Hand 'till it leaves the Bowl; then flour the Tins you put your Paste in, and let them stand a little to rise, then bake them an Hour and a Quarter.

156. *To make Macaroons.*

Take a Pound of blanch'd Almonds and beat them, put some Rose-water in while beating; (they must not be beaten too small) mix them with the Whites of five Eggs, a Pound of Sugar, finely beaten and sifted, and a Handful of Flour; mix all these very well together, lay them on Wafers, and bake them in a very temperate Oven, (it must not be so hot as for Manchet) then they are fit for Use.

157. *To make Wigs.*

Take two Pounds of Flour, a Pound of Butter, a Pint of Cream, four Eggs, (leaving out two of the Whites) and two Spoonfuls of Yeast; set them to rise a little; when they are mix'd, add half a Pound of Sugar

Sugar, half a Pound of Carraway Comfits; make them up with Sugar, and bake them in a Dripping-pan.

158. *To make Raspberry Cream.*

Take Raspberries, bruise them, put them in a Pan on a quick Fire whilst the Juice be dried up; then take the same Weight of Sugar as you have of Raspberries, and set them on a slow Fire; let them boil whilst they are pretty stiff; make them into Cakes, and dry them near the Fire, or in the Sun.

159. *To make a Bisket Cake.*

Take a Pound of London Flour, dried before the Fire, a Pound of Loaf-Sugar, beaten and sifted; beat nine Eggs and a Spoonful or two of Rose-water with the Sugar for two Hours, then put them to your Flour, and mix them well together; put in an Ounce of Carraway Seeds, then put it into your Tin, and bake it an Hour and a Half in a pretty quick Oven.

160. *To make Craikneth.*

Take half a Pound of fine Flour, half a Pound of Sugar, two Ounces of Butter, two Eggs, and a few Carraway Seeds; (you must beat and sift the Sugar) then put it to your Flour, and work it to a Paste; roll them as thin as you can, and cut them out with Queen Cake Tins, lay them on Papers, and bake them in a slow Oven. — They are proper to eat with Chocolate.

161. *To make Portugal Cakes.*

Take a Pound of Flour, a Pound of Butter, a Pound of Sugar, a Pound of Currants well cleaned, and a Nutmeg grated; take half of the Flour and mix it with Sugar and Nutmeg, melt the Butter, and put into it the Yolks of eight Eggs, very well beat, and only four of the Whites; and as the Froth rises put it into the Flour, and so do 'till all is in: Then beat it together, still strewing some of the other Half of the Flour, and then beat it 'till all the Flour be in; then butter the Pans and fill them, but do not bake them too

52 *The Young Woman's best Companion.*

much; you may ice them if you please, or you may strew Carraway Comfits of all Sorts on them when they go into the Oven. The Currants must be plump'd in warm Water, and dried before the Fire, then put them into your Cakes.

162. *To make Chocolate Cream.*

Take four Ounces of Chocolate, more or less, according as you would have your Dish in Bigness, grate it, and boil it in a Pint of Cream, then mill it very well with a Chocolate Stick; take the Yolks of two Eggs, and beat them very well, leaving out the Strain, mix to them three or four Spoonfuls of Cream, mix them all together, set it on the Fire, and keep stirring it 'till it thicken, but do not let it boil; you must sweeten it to your Taste, and keep stirring it 'till it be cold, so put it into your Glasses, or China Dishes, which you please.

163. *To make white Lemon Cream.*

Take a Gill of Spring Water, and a Pound of fine Sugar, set it over a Fire 'till the Sugar and Water be dissolv'd; then put the Juice of four good Lemons to your Sugar and Water, the Whites of four Eggs well beat; set it on the Fire again, and keep it stirring one Way 'till it just simmers, and does not boil; strain it thro' a fine Cloth, then put it on the Fire again, adding to it a Spoonful of Orange-flower Water, stir it 'till it thickens on a slow Fire, then strain it into Basons, or Glasses, for your Use; do not let it boil, if you do it will curdle.

164. *To make Cream Curds.*

Take a Gallon of Water, put to it a Quart of new Milk, a little Salt, a Pint of sweet Cream, and eight Eggs, leaving out half the Whites and Strains; beat them very well, put to them a Pint of sour Cream, mix them very well together, and when your Pan is just at boiling (but it must not boil) put in the sour Cream and your Eggs, stir it about, and keep it from settling to the
Bottom

Bottom; let it stand whilst it begins to rise up, then have a little fair Water, and, as they rise, keep putting it in whilst they be well risen, then take them off the Fire, and let them stand a little to sadden; have ready a Sieve with a clean Cloth over it, and take up the Curds with a Ladder or Egg-Slicer, which you have; you must always make them the Night before you use them; this Quantity will make a large Dish, if your Cream be good. If you think your Curds be too thick, mix to them two or three Spoonfuls of good Cream, so lay them upon a China Dish in Lumps, and serve them up.

165. To make Apple Cream.

Take half a Dozen large Apples, Coddlings, or any other Apples that will be soft, and coddle them; when they are cold, take out the Pulp; then take the Whites of four or five Eggs, (leaving out the Strains) three Quarters of a Pound of double-refined Sugar, beat and sifted, a Spoonful or two of Rose-water, and grate in a little Lemon-peel, so beat all together for an Hour, whilst it be white, then lay it on a China Dish, so serve it up.

166. To boil Cabbage Sprouts.

Take your Sprouts, cut off the Leaf and the hard Ends, shred and boil them as you do other Greens, not forgetting a little Butter.

167. To fry Parsnips to look like Trout.

Take a middling Sort of Parsnips, not over thick, boil them as soft as you would do for Eating; peel and cut them in two the long Way: You must only fry the small Ends, not the thick ones: beat three or four Eggs, put to them a Spoonful of Flour, dip in your Parsnips, and fry them in Butter a light Brown; have for your Sauce a little Vinegar and Butter; fry some Slices to lay round about the Dish, and so serve them up.

54 *The Young Woman's best Companion.*

168. *To make Tansey another Way.*

Take an old Penny Loaf, and cut off the Crust; slice it thin, put to it as much hot Cream as will wet it; then put to it six Eggs well beaten, a little shred Lemon-peel, a little Nutmeg and Salt, and sweeten it to your Taste; green it as you did your baked Tansey; so tie it up in a Cloth, and boil it; (it will take an Hour and a Quarter boiling) when you dish it up, stick it with a little candy'd Orange, and lay a *Serville* Orange cut in Quarters round your Dish; serve it up with a little plain Butter.

169. *To make Gooseberry Cream.*

Take a Quart of Gooseberries; pick, coddle, and bruise them very well in a Marble Mortar, or wooden Bowl, and rub them with the Back of a Spoon thro' a Hair Sieve, 'till you take out all the Pulp from the Seeds; take a Pint of thick Cream, mix it well among your Pulp, grate in some Lemon-peel, and sweeten it to your Taste; serve it up either in a China Dish, or an Earthen one.

170. *To make Seago Gruel.*

Take four Ounces of Seago and wash it; set it over a slow Fire to cree, in two Quarts of Spring Water; let it boil whilst it be thickish and soft; put in a Blade or two of Mace, and a Stick of Cinnamon; let it boil a while, and then put in a little more Water: Take it off, put to it a Pint of Claret Wine, and a little candy'd Orange; shift them, then put in the Juice of a Lemon, and sweeten it to your Taste; so serve it up.

171. *To make Spinage Toasts.*

Take a Handful or two of young Spinage and wash it, drain it from the Water, put it into a Pan with a Lump of Butter, and a little Salt, let it stew whilst it be tender, only turn it in the boiling, then take it up, and squeeze out the Water, put in another Lump of Butter, and chop it small, put to it a Handful of Currants plump'd,

plump'd. and a little Nutmeg; have three Toasts cut from a Penny Loaf well buttered, then lay on your Spinage.

This is proper for a Side Dish either at Noon or Night.

172. *To roast a Beast Kidney.*

Take a Beast Kidney with a little Fat on, and stuff it all round, season it with a little Pepper and Salt, wrap it in a Kell, and put it upon the Spit with a little Water in the Dripping-Pan; what drops from your Kidney thicken with a Lump of Butter and Flour for your Sauce.

173. *To make your Stuffing.*

Take a Handful of sweet Herbs, a few Bread-crumbs, a little Beef-suet shred fine, and two Eggs, (leave out the Whites) mix all together with a little Nutmeg, Pepper and Salt; stuff your Kidney with one Part of the Stuffing, and fry the other Part in little Cakes; so serve it up.

174. *To stew Cucumbers.*

Take middling Cucumbers, and cut them in Slices, but not too thin, strew over them a little Salt to bring out the Water, put them into a Stew-Pan or Sauce-Pan, with a little Gravy, some whole Pepper, a Lump of Butter, and a Spoonful or two of Vinegar to your Taste; let them boil all together; thicken them with Flour, and serve them up with Sippets.

175. *To make an Oatmeal Pudding.*

Take three or four large Spoonfuls of Oatmeal done through a Hair Sieve, and a Pint of Milk, put it into a Pan, and let it boil a little whilst it be thick, add to it half a Pound of Butter, a Spoonful of Rose-Water, a little Lemon-peel shred, a little Nutmeg or beaten Cinnamon, and a little Salt; take six Eggs, (leave out two of the Whites) and put to them a Quarter of a Pound of Sugar or better, beat them very well, so mix them all together; put it into your Dish with a Paste round.

56 *The Young Woman's best Companion.*

round your Dish Edge ; have a little Rose-water, Butter, and Sugar for Sauce.

176. *To make Elder Wine.*

Take twenty Pounds of *Malaga* Raisins, pick and chop them, then put them into a Tub, with twenty Quarts of Water, let the Water be boiled, and stand till it be cold again, before you put in your Raisins, let them remain together ten Days, stirring it twice a Day ; then strain the Liquor very well from the Raisins, through a Canvas-strainer or Hair-sieve ; add to it six Quarts of Elder Juice, five Pounds of Loaf-Sugar, and a little Juice of Sloes, to make it acid, just as you please ; put it into a Vessel, and let it stand in a pretty warm Place three Months, then bottle it ; the Vessel must not be stopped up till it has done Working ; if your Raisins be very good, you may leave out the Sugar.

177. *To make Gooseberry Wine of ripe Gooseberries.*

Pick, clean and beat your Gooseberries in a Marble Mortar or Wooden Bowl, measure them in Quarts upheaped, add two Quarts of Spring-water, and let them stand all Night, or twelve Hours, then rub or press out the Husks very well, strain them through a wide Strainer, and to every Gallon put three Pounds of Sugar, and a Gill of Brandy ; then put all into a sweet Vessel, not very full, and keep it very close for four Months, then decant it off till it comes clear, pour out the Grounds, and wash the Vessel clean, with a little of the Wine ; add to every Gallon a Pound more Sugar, let it stand a Month in the Vessel again, drop the Grounds through a Flannel Bag, and put it to the other Vessel ; the Tap-Hole must not be over near the Bottom of the Cask, for fear of letting out the Grounds.

The same Receipt will serve for Currant-wine the same Way ; let them be red Currants.

178. *To make Balm-wine.*

Take a Peck of Balm-leaves, put them in a Tub or large Pot, heat four Gallons of Water scalding hot,
ready

ready to boil, then pour it upon the Leaves; so let it stand all Night, then strain them through a Hair-sieve; put to every Gallon of Water two Pounds of fine Sugar, and stir it very well; take the Whites of four or five Eggs, beat them very well, put them into a Pan, and whisk it very well before it be over hot; when the Skim begins to rise, take it off, and keep it skimming all the while it is Boiling; let it boil three Quarters of an Hour, then put it into the Tub; when it is cold, put a little new Yeast upon it, and beat it in every two Hours, that it may head the better; so work it for two Days, then put it into a sweet Roundlet, bung it up close, and when it is fine bottle it.

179. *To make Raisin-wine.*

Take ten Gallons of Water, and fifty Pounds of *Malaga* Raisins, pick out the large Stalks, and boil them in your Water, when your Water is boiled, put it into a Tub; take the Raisins, and chop them very small, when your Water is Blood-warm, put in your Raisins, and rub them very well with your Hand; when you put them into the Water, let them work for ten Days, stirring them twice a Day; then strain out the Raisins in a Hair-sieve, and put them into a clean hardened Bag, and squeeze it in the Press, to take out the Liquor, so put it into your Barrel; don't let it be over full, bung it up close, and let it stand whilst it is fine; when you tap your Wine, you must not tap it too near the Bottom, for fear of the Grounds; when it is drawn off, take the Grounds out of the Barrel, and wash it out with a little of your Wine; then put your Wine into the Barrel again, draw your Grounds through a Flannel Bag, and put them into the Barrel to the rest; add to it two Pounds of Loaf-Sugar, then bung it up, and let it stand a Week or ten Days; if it be very sweet to your Taste, let it stand some Time longer, and bottle it.

180. *To make Birch-wine.*

Take your Birch-water, and boil it, clear it with Whites of Eggs; to every Gallon of Water take two Pounds

38 *The Young Woman's best Companion.*

Pounds and a Half of fine Sugar, boil it three Quarters of an Hour, and when it is almost cold, put in a little Yeast, work it two or three Days, then put it into the Barrel, and to every five Gallons, put in a Quart of Brandy, and Half a Pound of stoned Raisins; before you put up your Wine, burn a Brimstone-Match in the Barrel.

181. *To make white Currant-wine.*

Take the largest white Currants you can get, strip and break them in your Hand, whilst you break all the Berries; to every Quart of Pulp take a Quart of Water, let the Water be boiled, and cold again; mix them well together, let them stand all Night in your Tub, then strain them through a Hair-sieve, and to every Gallon put two Pounds and a Half of Six-penny Sugar; when your Sugar is dissolved, put it into your Barrel, dissolve a little Hinglass, whisk it with Whites of Eggs, and put it in; to every four Gallons put in a Quart of Mountain-wine, so bung up the Barrel; when it is fine, draw it off, and take out the Grounds, (but don't tap the Barrel over low at the Bottom) wash out the Barrel with a little of your Wine, and drop the Grounds thro' a Bag; then put it to the rest of your Wine, and put it all into your Barrel again; to every Gallon add Half a Pound more Sugar, and let it stand another Week or two; if it be too sweet, let it stand a little longer, then bottle it, and it will keep two or three Years.

182. *To make Orange Ale.*

Take forty *Seville* Oranges, pare and cut them in Slices, the best coloured *Seville* you can get, put them all with the Juice and Seeds into Half a Hoghead of Ale; when it is tunned up and working, put in the Oranges, and at the same Time a Pound and a Half of Raisins of the Sun stoned; when it has done Working, close up the Bung, and it will be ready to drink in a Month.

183. *To make Orange Brandy.*

Take a Quart of Brandy, the Peels of eight Oranges thin pared, steep them in Brandy forty-eight Hours in a close Pitcher; then take three Pints of Water, put into it three Quarters of a Pound of Loaf-Sugar, boil it till half be consumed, and let it stand till cold, then mix it with the Brandy.

184. *To make Orange Wine.*

Take six Gallons of Water, and fifteen Pounds of Powder Sugar, the Whites of six Eggs well beaten, boil them three Quarters of an Hour, and skim them while any Skim will rise; when it is cold enough for Working, put to it six Ounces of the Syrup of Citron or Lemons, and six Spoonfuls of Yeast, beat the Syrup and Yeast well together, and put in the Peel and Juice of fifty Oranges, work it two Days and a Night; then tun it up into a Barrel, so bottle it at three or four Months old.

185. *To make Cowslip Wine.*

Take ten Gallons of Water, when it is almost at boiling, add to it twenty one Pounds of fine Powder Sugar, let it boil half an Hour, and skim it very clean; when it is boiled put it in a Tub, let it stand 'till you think it be cold enough to set on the Yeast; take a Porringer of new Yeast off the Vat, and put to it a few Cowslips; when you put on the Yeast, put in a few every Time it is stirr'd, till all the Cowslips be in, which must be six Pecks, and let it work three or four Days; add to it six Lemons, cut off the Peel, and the Insides put into your Barrel, then add to it a Pint of Brandy; when you think it has done working, close up your Vessel, let it stand a Month, and then bottle it; you may let your Cowslips lie a Week or ten Days to dry before you make your Wine, for it makes it much finer; you may put in a Pint of White Wine that is good, instead of the Brandy.

186. *To make a Dish of mull'd Milk.*

Boil a Quart of new Milk with a Stick of Cinnamon, then put to it a Pint of Cream, and let them have one boil together, take eight Eggs, leave out half of the Whites and all the Strains, beat them very well, put to them a Gill of Milk, mix all together, and set it over a slow Fire, stir it whilst it begin to thicken like Custard, sweeten it to your Taste, and grate in half a Nutmeg; then put it into your Dish with a Toast of Wheat Bread.

This is proper for a Supper.

187. *To make Leatch.*

Take two Ounces of Isinglass, and break it into Bits, put it into hot Water, then put half a Pint of new Milk into the Pan with the Isinglass, set it on the Fire to boil, and put into it three or four Sticks of good Cinnamon, two Blades of Mace, a Nutmeg quartered, and two or three Cloves, boil it till the Isinglass be dissolved, run it through a Hair Sieve into a large Pan, then put to it a Quart of Cream sweetened to your Taste with Loaf-Sugar, and boil them a while together; take a Quarter of a Pound of blanch'd Almonds beaten in Rose-water, and strain out all the Juice of them into the Cream on the Fire, and warm it, then take it off and stir it well together; when it has cooled a little, take a broad shallow Dish, and put it into it through a Hair Sieve, when it is cold cut it in long Pieces, and lay it across whilst you have a pretty large Dish; so serve it up.

Sometimes a less Quantity of Isinglass will do, according to the Goodness: Let it be the whitest and clearest you can get.

You must make it the Day before you want it for Use.

188 *To boil Brockley.*

Take Brockley when it is seeded, or at any other Time; take off all the low Leaves of your Stalk, and tye them up in Bunches as you do Asparagus, cut them the same Length you peel your Stalks; cut them in little
Pieces,

Pieces ; and boil them in Salt and Water by themselves ; you must let your Water boil before you put them in ; boil your Heads in Salt and Water, and let the Water boil before you put in the Brockley ; put in a little Butter ; it takes very little boiling, and if it boils too quick it will take off all the Heads ; you must drain your Brockley through a Sieve as you do Asparagus ; lay the Stalks in the Middle, and the Bunches round it, as you would do Asparagus.

This is proper for either a Side Dish or a Middle Dish.

189. *To boil Savoy Sprouts.*

If your Savoy be cabbag'd, dress off the out Leaves, and cut them in Quarters ; take off a little of the hard Ends, and boil them in a large Quantity of Water with a little Salt ; when boiled drain them, lay them round your Meat, and pour over them a little Butter.

Any thing will boil greener in a large Quantity of Water than otherwise.

190. *To boil Cabbage Sprouts.*

Take your Sprouts, cut off the Leaf and the hard Ends, shred and boil them as you do other Greens, not forgetting a little Butter.

191. *To make Gooseberry Cream.*

Take a Quart of Gooseberries, pick, coddle, and bruise them very well in a Marble Mortar or Wooden Bowl, and rub them with the Back of a Spoon through a Hair Sieve till you take out all the Pulp from the Seed ; take a Pint of thick Cream, mix it well among your Pulp, grate in some Lemon-peel, and sweeten it to your Taste ; serve it up either in a China Dish or an Earthen one.

192. *To pickle Elder Buds.*

Take Elder Buds when they are the Bigness of small Walnuts, lay them in a strong Salt and Water for ten Days, and then scald them in fresh Water, and put in a

G

Lump

62 *The Young Woman's best Companion.*

Lump of Allum ; let them stand in the corner End close covered up, and scalded once a Day whilst Green.

You may do Radish Pods or Brown Buds the same Way.

193. *To make the Pickle.*

Take a little Alegar, or White Wine Vinegar, and put to it two or three Blades of Mace, with a little Whole Pepper and *Jamacia* Pepper, a few Bay Leaves and Salt, put to your Buds, and scald them two or three Times, then they are fit for Use.

194. *To pickle Mushrooms.*

Take Mushrooms when fresh gathered, sort the large ones from the Buttons, cut off the Stalks, wash them in Water with a Flannel, have a Pan of Water ready on the Fire to boil them in, for the less they lie in the Water the better ; let them have two or three Boils over the Fire, then put them into a Sieve, and when you have drained the Water from them put them into a Pot, throw over them a Handful of Salt, stop them up close with a Cloth, and let them stand two or three Hours on the hot Hearth, or the Range End, giving your Pot a Shake now and then ; then drain the Pickle from them, and lay them in a Cloth for an Hour or two, so put them into as much distill'd Vinegar as will cover them ; let them lay a Week or ten Days, then take them out, and put them in dry Bottles ; put to them a little white Pepper, Salt and Ginger sliced, fill them up with distill'd Vinegar, put over them a little sweet Oil, and cork them up close ; if your Vinegar be good they will keep two or three Years ; I know it by Experience.

You must be sure not to fill your Bottles above three Parts full, if you do they will not keep.

195. *To pickle Potatoe Crabs.*

Gather your Crabs when they are young, and about the Bigness of a large Cherry, lay them in a strong Salt and Water as you do other Pickles, let them stand for a Week or ten Days, then scald them in the same Water they lay in twice a Day whilst Green ; make the same
Pickle

Pickle for them as you do for Cucumbers; be sure you scald them twice or thrice in the Pickle, and they will keep the better.

196. *To pickle large Buttons.*

Take your Buttons, clean them, and cut them in three or four Pieces, put them into a large Sauce-pan to stew in their own Liquor, put to them a little *Jamacia* and Whole Pepper, a Blade or two of Mace, and a little Salt, cover it up, let it stew over a slow Fire whilst you think they are enough, then strain from them their Liquor, and put to it a little White Wine Vinegar or Alegar, which you please, give it a Boil together, and when it is cold put it to your Mushrooms, and keep them for Use.

You may pickle Flaps the same Way.

197. *To make Catchup.*

Take large Mushrooms when they are fresh gathered, cut off the dirty Ends, break them small in your Hands, put them in a Stone Bowl, with a Handful or two of Salt, and let them stand all Night; if you don't get Mushrooms enough at once, with a little Salt they will keep a Day or two whilst you get more, so put them in a Stew-Pot, and set them in an Oven with Household Bread; when they are enough strain from them the Liquor, and let it stand to settle; then boil it with a little Mace, *Jamaica* and whole black Pepper, two or three Shalots, boil it over a slow Fire for an Hour, when it is boiled let it stand to settle, and when it is cold bottle it; if you boil it well it will keep a Year or two; you must put in Spices according to the Quantity of your Catchup; you must not wash them, nor put to them any Water.

198. *To make Mango of Cucumbers or small Melons.*

Gather Cucumbers when they are green, cut a Bit off the End, and take out all the Meat, lay them in Salt and Water, let them lay for a Week or ten Days, whilst they be yellow, then scald them in the same Salt and Water they lay in whilst green, then drain from them the Water. Take a little Mustard-Seed, a little Horse-Radish.

64 *The Young Woman's best Companion.*

some scraped and some shred fine, and a Handful of Shalots, a Clove or two of Garlick if you like the Taste, and a little shred Mace; take six or eight Cucumbers shred fine, mix them amongst the rest of the Ingredients, then fill your Melons or Cucumbers with the Meat, and put in the Bits at the Ends, tie them on with a String, so take as much Aleagar or White Wine Vinegar as will well cover them, and put into it a little *Jamaica* and whole Pepper, a little Horse-radish, and a Handful or two of Mustard-Seed, then boil it, and pour it upon your Mango; let it stand in the corner End two or three Days, scald them once a Day, and then tie them up for Use.

199. *To pickle Gerkins.*

Take Gerkins of the finest Growth, pick them clean, put them in a strong Salt and Water, let them lay for a Week or ten Days, whilst they be thoroughly yellow; then scald them in the same Salt and Water they lay in; scald them once a Day, and let them lay 'till they are green, then set them in the Corner-end, close covered.

200. *To make Pickle for your Cucumbers.*

Take a little Aleagar, (the Quantity must be equal to the Quantity of your Cucumbers, and so must your Seasoning) a little Pepper, a little *Jamaica* Pepper and long Pepper, two or three Shalots, a little Horse-radish scraped or sliced, a little Salt, and a Bit of Allum, boil them all together, and scald your Cucumbers two or three Times with your Pickle, so tie them up for Use.

201. *To pickle Colliflower white.*

Take the whitest Colliflower you can get, break it in Pieces the Bigness of a Mushroom; take as much distill'd Vinegar as will cover it, and put to it a little white Pepper, two or three Blades of Mace, and a little Salt; then boil it, and pour it on your Colliflowers three Times; let it be cold, then put it into your Glasses, or Pots, and wet a Bladder to tie over it to keep out the Air.

202. *To*

202. *To pickle Red Cabbage.*

Take a Red Cabbage, chuse it a purple Red, for the light Red never proves a good Colour; so take your Cabbage, and shred it in very thin Slices, season it with Pepper and Salt very well, let it lay all Night upon a broad Tin, or a Dripping-pan; take a little Alegar, put to it a little *Jamaica* Pepper, and two or three Races of Ginger; boil them together, and when it is cold, pour it upon your Cabbage, and in two or three Days Time it will be fit for Use.

You may throw a little Colliflower amongst it, and it will turn red.

203. *To pickle Walnuts white.*

Take Walnuts when they are at full Growth, and you can thrust a Pin through them, the largest Sort you can get; pare them, and cut a Bit off one End 'till you see the White; so you must pare off all the Green, if you cut through the White to the Kernel they will be spotted, and put them in Water as you pare them; you must boil them in Salt and Water, as you do Mushrooms, and they will take no more boiling than Mushrooms; when they are boiled lay them on a dry Cloth to drain out of the Water, then put them into a Pot, and put to them as much distill'd Vinegar as will cover them, let them lay two or three Days; then take a little more Vinegar, put to it a few Blades of Mace, a little white Pepper and Salt, boil them together; when it is cold take your Walnuts out of the other Pickle and put into that, let them lay two or three Days, pour it from them, give it another Boil, and skim it, when it is cold put it to your Walnuts again, put them into a Bottle, and put over them a little sweet Oil, cork them up, and set them in a cool Place; if your Vinegar be good they will keep as long as the Mushrooms.

204. *To pickle Barberries.*

Take Barberries when full ripe, put them into a Pot,
G 3 boil

66 *The Young Woman's best Companion.*

boil a strong Salt and Water, then pour it on them boiling hot.

205. *To pickle Purslain.*

Take the thickest Stalks of Purslain, lay them in Salt and Water six Weeks, then take them out, put them into boiling Water, and cover them well; let them hang over a slow Fire till they be very green; when they are cold put them into a Pot, and cover them well with Beer Vinegar, and keep them covered close.

206. *To make Punch.*

Take a Quart or two of Sherbet before you put in your Brandy, and the Whites of four or five Eggs, beat them very well, and set it over the Fire, let it have a Boil, then put it into a Jelly-Bag, so mix the rest of your Acid and Brandy together, (the Quantity you design to make) heat it, and run it all through your Jelly-Bag, change it in the running off whilst it looks fine; let the Peel of one or two Lemons lay in the Bag; you may make it the Day before you use it, and bottle it

207. *To make New College Puddings.*

Grate an old Penny Loaf, put to it a like Quantity of Suet shred, a Nutmeg grated, a little Salt and some Currants, then beat some Eggs in a little Sack and Sugar, mix all together, and knead it as stiff as for Manchet, and make it up in the Form and Size of a Turkey Egg, but a little flatter; take a Pound of Butter, put it in a Dish or Stew-Pan, and set it over a clear Fire in a Chafing-Dish, and rub your Butter about the Dish till it is melted, then put your Pudding in, and cover the Dish, but often turn your Puddings till they are brown alike, and when they are enough, grate some Sugar over them, and serve them up hot.

For a Side Dish you must let the Paste lay for a Quarter of an Hour before you make up your Puddings.

208. *To make a Custard Pudding.*

Take a Pint of Cream, mix with it six Eggs well beat,
two

The Young Woman's best Companion. 67

two Spoonfuls of Flour, half a Nutmeg grated, a little Salt, and Sugar to your Taste; butter a Cloth, put it in when the Pan boils, bake it just half an Hour, and melt Butter for the Sauce.

209. *To make fry'd Toasts.*

Chip a Manchet very well, and cut it round ways in Toasts, then take Cream and eight Eggs, seasoned with Sack, Sugar and Nutmeg, and let these Toasts steep in it about an Hour, then fry them in sweet Butter, serve them up with plain melted Butter, or with Butter, Sack and Sugar, as you please.

210. *To make Sauce for Fish or Flesh.*

Take a Quart of either Vinegar or Alegar, put it into a Jug, then take *Jamaica* Pepper whole, some sliced Ginger and Mace, a few Cloves, some Lemon-peel, Horle-radish sliced, sweet Herbs, six Shalots peel'd, eight Anchovies, and two or three Spoonfuls of shred Capers, put all these in a Linnen Bag, and put the Bag into your Alegar or Vinegar, stop the Jug close, and keep it for Use.

A Spoonful cold is an Addition to Sauce for either Flesh or Fish.

211. *To make a Savoury Dish of Veal.*

Cut large Collops off a Leg of Veal, spread them abroad on a Dresser, hack them with the Back of a Knife, and dip them in the Yolks of Eggs, season them with Nutmeg, Mace, Pepper and Salt, then make Forc'd-Meat with some of your Veal, Beef-suet, Oysters chopp'd, and sweet Herbs shred fine, and the abovesaid Spice, strew all these over your Collops, roll and tye them up, put them on Skewers, tye them to a Spit, and roast them; and to the rest of your Forc'd-Meat add the Yolk of an Egg or two, and make it up in Balls and fry them; put them in a Dish with your Meat when roasted, put a little Water in the Dish under them, and when they are enough put to it an Anchovy, a little Gravy, a Spoonful of White Wine,

68 *The Young Woman's best Companion.*

Wine, and thicken it up with a little Flour and Butter, so fry your Balls, and lay round the Dish, and serve it up.

This is proper for a Side Dish either at Noon or Night.

212. *To make French Bread.*

Take half a Peck of fine Flour, the Yolks of six Eggs, and four Whites, a little Salt, a Pint of Ale Yeast, and as much new Milk made warm as will make it a thin light Paste, stir it about with your Hand, but be sure don't knead them; have ready six Wooden Quart or Pint Dishes, fill them with the Paste, (not over full) let them stand a Quarter of an Hour to rise, then turn them out into the Oven, and when they are baked rasp them. The Oven must be quick,

213. *To make Quince Cream.*

Take Quinces when they are full ripe, cut them in Quarters, scald them till they be soft, pare them, and mash the clear Part of them, and the Pulp, and put it through a Sieve, take an equal Weight of Quince and double refined Sugar beaten and sifted, and the Whites of Eggs beat till it is as white as Snow, then put it into Dishes.

You may do Apple Cream the same Way.

214. *To make Cream of any preserv'd Fruit.*

Take half a Pound of the Pulp of any preserv'd Fruit, put it in a large Pan, put to it the Whites of two or three Eggs, beat them well together for an Hour, then with a Spoon take it off, and lay it heap'd up high on the Dish and Salver without Cream, or put it in the middle Bason.

Rasberries will not do this Way.

215. *To dry Pears or Pippins without Sugar.*

Take Pears or Apples, and wipe them clean, take a Bodkin, and run it in at the Head, and out at the Stalk, put them in a flat Earthen Pot and bake them, but not too much; you must put a Quart of strong new Ale to half a Peck of Pears, tye white Papers over the Pots that they are baked in, let them stand till cold, then drain
them,

them, squeeze the Pears flat, and the Apples the Eye to the Stalk, and lay them on Sieves with wide Holes to dry, either in a Stove or an Oven not too hot.

216. *To preserve Mulberries whole.*

Set some Mulberries over the Fire in a Skellet or Preserving-pan, draw from them a Pint of Juice when it is strained; then take three Pounds of Sugar beaten very fine, wet the Sugar with the Pint of Juice, boil up your Sugar, and skim it, put in two Pounds of ripe Mulberries, and let them stand in the Syrup till they are thoroughly warm, then set them on the Fire, and let them boil very gently; do them but half enough, so put them by in the Syrup till next Day, then boil them gently again; when the Syrup is pretty thick, and will stand in round Drops when it is cold, they are enough, so put all in a Gally-pot for Use.

217. *To preserve great white Plumbs.*

To a Pound of white Plumbs take three Quarters of a Pound of double-refin'd Sugar in Lumps, dip your Sugar in Water, boil and skim it very well, slit your Plumbs down the Seam, and put them into the Syrup with the Slit downwards; let them stew over the Fire a Quarter of an Hour, skim them very well, then take them off, and when cold cover them up; turn them in the Syrup two or three times a Day for four or five Days, then put them into Pots, and keep them for Use.

218. *To pickle Nasturtium Buds.*

Gather your little Nubs quickly after the Blossoms are off, put them in cold Water and Salt three Days, shifting them once a Day; then make a Pickle for them (but don't boil them at all) of some White Wine, and some White Wine Vinegar, Shalot, Horse-radish, whole Pepper and Salt, and a Blade or two of Mace; then put in your Seeds, and stop them close up. They are to be eaten as Capers.

219. *To make Elder-flower Wine.*

Take three or four Handfuls of dry'd Elder-flowers,
and

70 *The Young Woman's best Companion.*

and ten Gallons of Spring Water, boil the Water, and pour it scalding hot upon the Flowers, the next Day put to every Gallon of Water five Pounds of *Malaga* Raisins, the Stalks being first pick'd off, but not wash'd, chop them grossly with a Chopping Knife, then put them into your boiled Water, stir the Water, Raisins and Flowers well together, and do so twice a Day for twelve Days, then press out the Juice clear as long as you can get any Liquor; put it into a Barrel fit for it, stop it up two or three Days till it works, and in a few Days stop it up close, and let it stand two or three Months, then bottle it.

220. *To make Pearl Barley Pudding.*

Take half a Pound of Pearl Barley, cree it in soft Water, and shift it once or twice in the boiling till it be soft; take five Eggs, put to them a Pint of good Cream, and half a Pound of Powder Sugar, grate in half a Nutmeg, a little Salt, a Spoonful or two of Rose Water, and half a Pound of clarified Butter; when your Barley is cold mix them all together, so bake it with a Puff-Paste round your Dish Edge.

Serve it up with a little Rose-Water, Sugar, and Butter for your Sauce.

221. *To make Gooseberry Vinegar another Way.*

Take Gooseberries when they are full ripe, bruise them in a Marble Mortar or Wooden Bowl, and to every upheap'd half Peck of Berries take a Gallon of Water, put it to them in the Barrel, let it stand in a warm Place for two Weeks, put a Paper on the Top of your Barrel, then draw it off, wash out the Barrel, put it in again, and to every Gallon add a Pound of coarse Sugar; set it in a warm Place by the Fire, and let it stand whilst *Christmas*.

222. *To preserve Apricocks Green.*

Take Apricocks when they are young and tender, coddle them a little, rub them with a coarse Cloth to take off the Skin, and throw them into Water as you do them, and put them into the same Water they were coddled in,
cover

cover them with Vine Leaves, a white Paper or something more at the Top, the closer you keep them the sooner they are green; be sure you don't let them boil; when they are green weigh them, and to every Pound of Apricocks take a Pound of Loaf-Sugar, put it into a Pan, and to every Pound of Sugar a Gill of Water, boil your Sugar and Water a little, and skim it, then put in your Apricocks, let them boil together whilst your Apricocks look clear, and your Syrup thick, skim it all the Time it is boiling, put them into a Pot covered with a Paper dipp'd in Brandy.

223. To make Mushroom Powder.

Take about half a Peck of large Buttons or Flaps, clean them, and set them in an Earthen Dish or Dripping-pan, one by one, let them stand in a slow Oven to dry whilst they will beat to Powder, and when they are powdered sift them through a Sieve; take half a Quarter of an Ounce of Mace, and a Nutmeg, beat them very fine, and mix them with your Mushroom Powder, then put it into a Bottle, and it will be fit for Use. You must not wash your Mushrooms.

224. How to fry Mushrooms.

Take the largest and freshest Flaps you can get, skin them, and take out the Gills, boil them in a little Salt and Water, then wipe them dry with a Cloth; take two Eggs and beat them very well, half a Spoonful of Wheat-flour, and a little Pepper and Salt, then dip in your Mushrooms, and fry them in Butter.

They are proper to lie about stew'd Mushrooms, or any made Dish.

225. How to make an Ale Posset.

Take a Quart of good Milk, set it on the Fire to boil, put in a Handful or two of Bread-Crums, grate in a little Nutmeg, and sweeten it to your Taste; take three Gills of Ale, and give it a Boil; take the Yolks of four Eggs, beat them very well, then put to them a little of your Ale, and mix all your Ale and Eggs together; then set it on the Fire to heat, keep stirring it all the Time, but don't let it
boil,

72 *The Young Woman's best Companion.*

boil, if you do it will curdle; then put it into your Dish, heat the Milk, and put it in by Degrees; so serve it up.

You may make it of any sort of made Wine; make it half an Hour before you use it, and keep it hot before the Fire.

226. *To make a Sack Posset another Way.*

Take a Quart of good Cream, and boil it with a Blade of Mace, put in about a Quarter of a Pound of fine Powder Sugar; take a Pint of Sack or better, set it over the Fire to heat, but don't let it boil, then grate in a little Nutmeg, and about a Quarter of a Pound of Powder Sugar; take nine Eggs (leave out six of the Whites and the Strains) beat them very well, then put to them a little of your Sack, mix the Sack and Eggs very well together, then put to them the rest of your Sack, stir it all the Time you are pouring it in, set it over a slow Fire to thicken, and stir it till it be as thick as Custard; be sure you don't let it boil, if you do it will curdle, then pour it into your Dish or Bason; take your Cream boiling hot, and pour to your Sack by Degrees, stirring it all the Time you are pouring it in, then set it on a hot Hearth-stone; you must make it half an Hour before you use it; before you set it on the Hearth cover it close with a Pewter Dish.

227. *To make a Froth for them.*

Take a Pint of the thickest Cream you can get, and beat the Whites of two Eggs very well together, take off the Cream by Spoonfuls, and lay it in a Sieve to drain; when you dish up the Posset lay over it the Froth,

228. *To dry Cherries another Way.*

Take Cherries when full ripe, stone them, and break them as little as you can in the Stoning; to six Pounds of Cherries take three Pounds of Loaf-Sugar, beat it, lay one Part of your Sugar under your Cherries, and the other at the Top, let them stand all Night, then put them into your Pan, and boil them pretty quick whilst your Cherries change and look clear, then let them stand in the Syrup all Night, pour the Syrup from them, and put them into a pretty

pretty large Sieve, and set them either in the Sun or before the Fire; let them stand to dry a little, then lay them on white Papers one by one, let them stand in the Sun whilst they be thoroughly dry, in the drying turn them over, then put them into a little Box; betwixt every Layer of Cherries lie a Paper, and so do till all are in, then lie a Paper at the Top, and keep them for Use.

You must not boil them over long in the Syrup, for if it be over thick it will keep them from drying; you may boil two or three Pounds more Cherries in the Syrup after.

229. *How to order Sturgeon.*

If your Sturgeon be alive, keep it a Night and a Day before you use it; then cut off the Head and Tail, split it down the Back, and cut it into as many Pieces as you please; salt it with Bay-salt and common Salt, as you would do Beef for hanging, and let it lie 24 Hours; then tye it up very tight, and boil it in Salt and Water whilst it is tender; (you must not boil it over much) when it is boiled, throw over it a little Salt, and set it by till it be cold. Take the Head, and split it in two, and tye it up very tight; you must boil it by itself, not so much as you did the Rest, but salt it after the same Manner.

230. *To make the Pickle.*

Take a Gallon of soft Water, and make it into a strong Brine; take a Gallon of stale Beer, and a Gallon of the best Vinegar, and let all boil together, with a few Spices; when it is cold, put in your Sturgeon; you may keep it (if close covered) three or four Months before you need renew the Pickle.

231. *To make Hotch-Potch.*

Take five or six Pounds of fresh Beef, put it into a Kettle with six Quarts of soft Water, and an Onion; set it on a slow Fire, and let it boil till your Beef be almost
H enough;

74 *The Young Woman's best Companion.*

enough; then put in the Scrag of a Neck of Mutton, and let them boil together, till the Broth be very good; put in two or three Handfuls of Bread-crumbs, two or three Carrots, and Turnips cut small, (but boil the Carrots in Water before you put them in, else they will give your Broth a Taste) with half a Peck of shelled Pease, but take up the Meat before you put them in; when you put in the Pease take the other Part of your Mutton, and cut it in Chops, (for it will take no more boiling than the Pease) and put it in with a few sweet Herbs shred very small, and Salt to your Taste.

You must send up the Mutton Chops in the Dish with the Hotch-Potch.

When there are no Pease to be had, you may put in the Heads of Asparagus, and if there be neither of these to be had, you may shred in a green Savoy Cabbage.

This is a proper Dish instead of Soop.

232. *To make minc'd Collops.*

Take two or three Pounds of any tender Part of Beef, (according as you would have the Dish in Bigness) cut it small as you would do minc'd Veal; take an Onion, shred it small, and fry it a light brown, in Butter, seasoned with Nutmeg, Pepper and Salt, and put it into your Pan with your Onion, and fry it a little whilst it be a light Brown; then put to it a Gill of good Gravy, and a Spoonful of Walnut Pickle, or a little Catchup; put in a few shred Capers or Mushrooms, thicken it up with a little Flour and Butter; if you please you may put in a little Juice of Lemon; when you dish it up, garnish your Dish with Pickle, and a few Forc'd-meat Balls.

It is proper for either a side Dish or top Dish.

233. *To make Vinegar another Way.*

Take as many Gallons of Water as you please, and to every Gallon of Water put in a Pound of four-penny Sugar, boil them for half an Hour, and skim it all the Time; when it is about Blood-warm, put to it three or four Spoonfuls of light Yeast, let it work in the Tub a Night and a Day, put it into your Vessel, close up the
Top

Top with a Paper, and set it as near the Fire as you have Convenience, and in two or three Days it will be good Vinegar.

234. *To preserve Quinces another Way.*

Take Quinces, pare and put them into Water, save all the Parings and the Cores, let them lie in the Water with the Quinces, set them over the Fire with the Paring and Cores to coddle, cover them close up at the Top with the Parings, and lay over them either a Dish-Cover or Pewter-Dish, and cover them close; let them hang over a very slow Fire, whilst they be tender; but don't let them boil; when they are soft, take them out of the Water, and weigh your Quinces, and, to every Pound, put a Pint of the same Water they were coddled in, (when strained) and put to your Quinces, and to every Pound of Quinces put a Pound of Sugar; put them into a Pot or Pewter Flaggon, the Pewter makes them a much better Colour; close them up with a little coarse Paste, and set them in a Bread Oven all Night; if the Syrup be too thin, boil it down, put it to your Quinces, and keep it for Use.

You may either do it with Powder-sugar or Loaf-sugar.

235. *Plague-Water.*

Take Sage, Rue, Celendine, Rosemary, Wormwood, the Herb Wafelis, Mugwort, Pimperhill, Dragons Scabious, Egremoney, Balm, Scardium, Carduus Benedictus, Betony Flowers and Leaves, Centory Saps and Flowers, Marigold Flowers and Leaves, of each a good Handful, Roots of Tarmettle, Angelico, Elicampane, Piony, Zedoary Liquorice, being all clean scraped and sliced, and stamped, of each half an Ounce; wash all these Herbs, and shake them in a Linnen Cloth until they be well dried, then spread them all together, mix the sliced Roots and shred Herbs together very well, and put them into a Gallon of White-Wine, (the best you can get) steep them in the Wine, in a Pot close covered, two Days

76 *The Young Woman's best Companion.*

and two Nights, stir them once a Day, then distil them in an ordinary Still, with a gentle Fire.

236. *For a Cancer in the Breast.*

Take a large White-Lilly-Root, a Handful of Hemlock, shred them very small, put to them a Handful of small Oatmeal; boil them all together in a Quart or more of new Milk unto the Thickness of a Poultice, so apply it warm to the Breast, change it Night and Morning.

237. *For the Yellow-Jaundice.*

Take a *Kentish* Pippin, cut the Core clean out, then scrape as much of the Apple out as conveniently you can, to which add three-pennyworth of Saffron well dried and pounded, and (if for a Man) eleven Sows, or Wood-Lice, if they be large, (if small, thirteen;) if for a Woman, nine large Wood-Lice, or eleven small ones; bruise them with a Knife, and mix them in the Meat of the Apple with the Saffron, put it into a Shell, and beat it thoroughly, and let the Patient eat this in the Morning fasting; do this three Mornings together, then forbear three Mornings, and then do it for three Mornings again.

238. *Flos Unguentorum.*

Take of Rosin *per* Rosin, of each half a Pound; Virgin's-Wax, Hart's-Tallow, and Frankincense, of each a Quarter of a Pound; Mastick an Ounce; Powder what is to be powdered of them; boil them on the Fire together, strain it through a Cloth into a Pottle of good White-Wine, then boil it, let it cool until it be Blood-warm, then put it into a Quarter of a Pound of *Venice* Turpentine, and two Drams of Camphire beaten very fine, (to do which you must grind a few Almonds in the Mortar that it may be a little oily, then beat your Camphire in it) stir it well together until it be cold. Make it into Roles, so keep it for Use,

It healeth old and new Sores and Wounds, it suffers no Corruption in the Wound, nor ill Flesh to engender
in

The Young Woman's best Companion. 77

in it. It is good for the Head-ach, Swimming of the Brain, all Imposthumes in the Body, or Head; Swelling in the Ears or Cheeks, Sinews shrunk or strained, Pricking of Shins; Draws out broken Bones; is good for the Bite of a mad Dog, or venemous Beast; it heals all Manner of Blotches, Festers, Cankers, or Pain in the Liver, or Spleen, or Vapours; or Swelling of the Members; and it is a special good Plaister for the hot Gout.

239. *Howe's Water for the Stone.*

In the latter End of *July*, gather as much *Sassafras* as will yield a Pottle of distilled Water, then so soon as Haws are ripe, take a Peck of them, bruise them very well, and put them to your two Quarts of *Sassafras* Water, and three Quarts of good White-Wine, and as much new Milk, warm from the Cow, then take *Fili-pendula* and Parsly, of each three Handfuls, beat and bruise them, and mix all very well together, let them stand all Night to steep, then distil them in an ordinary Still, with a gentle Fire, that the Milk burn not to the Bottom, take six Spoonfuls of this Water, as much White-Wine, a little Nutmeg and Sugar, warm, in the Morning Fasting, eat nothing for three or four Hours after it, and walk upon it; if you find it brings the Gravel forcibly down, take the Water of itself, without the Wine; in a Fit of the Stone, take the Water and Wine both: The constant taking of this Water three Mornings together, before the Change and Full of the Moon, will prevent the Fits, and also the Breeding of the Stone, if not destroy what is bred already.

240. *Another Water for the Stone.*

Take Scabious Leaves picked clean from the Stalks, Parsley with the Stalks, Pellitory of the Wall Leaves clean picked from the Stalks, Mother of Time, which grows upon Mole-Hills, with the Flowers upon it, of each two Handfuls, rub all these Herbs well with a coarse Cloth, (but do not wash them) cut them grossly upon a Board, then take twelve Radish Roots, scrape

78 *The Young Woman's best Companion.*

them, and cut them in thin Slices, mingle them with the Herbs, and put them into a Stew-pan, with as much new Milk from the Cow as will cover them all over; press the Herbs down that the Milk may be above them, so let them steep all Night, in the Morning distil them in an ordinary Still, with a very temperate Fire, lest the Milk burn to the Bottom of the Still, open the Still once or twice, and stir it with a Spoon, for it will be very apt to burn; you may distil two Still-fulls in a Day, if it be kept longer the Milk will grow fower.

Take six Spoonfuls of this Water, with as much White-Wine, some Nutmeg and Sugar, warmed, in a Morning Fasting, and eat nothing for an Hour after it, and also at Night when you go to Bed, three Days and Nights together, either before the Full or Change of the Moon. It is a general Opinion that it is not good to keep constantly to one Medicine for the Stone, therefore it is best to take one of these Waters at the Change, and the other at the Full of the Moon.

They are both of them esteemed for good, and of such excellent Virtue that I know not which is the best.

241. *Another for the Stone.*

Take a Pint of White-Wine, make it into Posset-Drink, with a Quart of skim'd Milk (the thinner the Milk the better) take off the Curd, and put to the Liquor Filipendula and Pellitory of the Wall, as much as you can easily grasp in your Hand, and as much Marsh-mallow-Root as the Proportion of a little Finger, bruise it, and boil them altogether about three Minutes, strain out the Herbs, sweeten the Liquor with Sugar, divide it into three equal Parts, and drink it luke-warm three Mornings together, *viz.* the Day before the Full and Change of the Moon, the Day of the Full and Change, and the Day after the Full and Change, fasting two Hours after it. Use Exercise.

242. *Eye Water.*

Take a deep Earthen-Pot, well leaded, that will hold two Quarts, fill it half full with Snow hard pressed down,
put

The Young Woman's best Companion. 79

put it into two Ounces of White Cypress, then fill it up to the Top with more Snow, hard pressed down, cover the Pot, and let it stand a Fortnight, that the Snow and Cypress be dissolved, then strain it through a fine Cloth, and put it into Bottles for Use; it will keep many Years. The first Snow that falls in the Beginning of the Winter is esteemed the best.

It it good for Eyes of any Kind, to take of Pearls and Skins, by droppng two or three Drops into the Eye, Evening and Morning; for hot and sharp Rheum, by wetting the Eye-lids and round the Eyes.

243. *Eye-Water the weaker.*

To a Gallon of Snow hard pressed down, take an Ounce of White Cypress, use it as the former: This is more proper for Rheums than the former.

244. *The Red Powder famous for Curing of Fevers of all Sorts, and Agues.*

Take of Cardus Benedictus, Betony, Scabious, Pempertiel Leaves, Tormesil Roots, of each one good Handful, mince them small, and steep them in three Pints of White-Wine for twenty-four Hours, then take a Pound of the best Bole-Armoniack in very fine Powder, put it into a broad Purflain or Silver Dish, and then strain as much of the Liquor into it as will make it thick as Paste, then set it to dry in the Sun, and as it dries strain in more of the Liquor 'till it has drank all up; the last Time you wet it you must put in Mithridate, Venice Treacle, and Powder of Hartshorn, of each half an Ounce, and twelve-penny-worth of Saffron finely powdered, mix all well together, and set it in the Sun 'till it be dry enough to role, or make into Balls, keep it in a dry Place for your Use.

You must be sure to defend it well from Rain all the Time it stands Abroad. *June* is the best Time for making it.

To a Child 15 Grains, to a Youth 22 Grains, to a Man or Woman thirty, or more, for three Nights together, and let them drink Camomile or Sage-posset
Drink

80 *The Young Woman's best Companion.*

Drink after it, or any convenient Cordial; the Way of giving it is to put the Dose into a Spoon, and put some of the Posset-Drink or Cordial to it, mix them well together, and give it; (if any stick to the Spoon wash it again.)

245. *Elixir Salutis, or Never failing Cordial.*

Take Anniseeds, Coriander Seeds prepared, Cumin-seeds, Elecampane, Fennel Seeds, Liquorice, of each three Ounces, Horse-radish two Ounces, Sena four Ounces, *Venice Treacle* one Ounce, Raisins of the Sun one Pound; bruise the Seeds, slice the Roots, and stone the Raisins, steep all into two Quarts of *Aqua Vitæ*, Anniseed Water, or some other good Cordial Water, a whole Week, then strain it, and dissolve the *Venice Treacle* in it, and so use it. The Dose is two Spoonfuls at going to Bed, and two Spoonfuls in the Morning Fasting, but may be altered according to the Constitution and Strength of the Patient. I conceive the dry Ingredients may well bear three Quarts of *Aqua Vitæ*, or more.

246. *An excellent Surfeit-Water.*

Take a Quart of white Anniseed Water, put to it a Dram of Hierapicra, and a Dram of Cochineal, infuse it nine Days in hot Embers, so strain it, and bottle it.

The Dose for a Man is two Spoonfuls, for a Child one Spoonful. It is excellent good at the Beginning of any Distemper to drive it from the Heart. Also good against the Worms.

247. *The Court Receipt for the Scurvy.*

Take a Quart of Brandy, one Ounce of Hierapicra, two Drams of Cochineal, infuse it nine Days by the Fire-Side, then strain it, and add to it three or four Spoonfuls of Syrup of Elder.

Take three Spoonfuls late at Night, and as much Fasting in the Morning; three Nights together, at the Full and Change of the Moon.

248. *Electuary for a Cough, Obstruction of the Lungs, and Shortness of Breath.*

Take Liquorice in Powder one Ounce, Anniseed in Powder half an Ounce, Elicampane two Drams in Powder, make them into an Electuary with Live-Honey. Take it at Night, going to Bed, and in the Morning at first waking, and as often as Occasion is.

249. *An Excellent Water for a Cancer, or Sore Mouths.*

Take Pelipody of the Willow, Beard Moss of the Oak, Sage, Violet Leaves, Strawberry Leaves, Five-leaved Grass, Brambel Tops and Leaves, of each a small Handful, a few Brambel Berries if they are to be had; boil them well together in Spring-Water, strain out the Herbs, and put to the Liquor a little Honey, wash the Mouth with a Sage Leaf in this Liquor as often as Occasion requires. If you use it for a Cancer, add to it a Handful of Colombine Leaves, and a little Allum.

250. *The Lime-Drink.*

Take a Pound and Half of unslack'd Lime, a Gallon of Spring Water, let them stand together ten Hours, then pour off the Water as clean as you can into a clean Earthen Vessel, and put into it Anniseeds, sweet Fennel Seeds, Sassafras, and Liquorice scraped and shred, of each a Quarter of a Pound, blue Currants one Pound, beaten Mace a Quarter of an Ounce, bruise the Seeds, let all infuse in the said Water for the Space of two or three Days, then pour the Liquor from the Ingredients into Bottles, for your Use.

Take this Drink thrice a Day, half a Pint at a Time, with a Spoonful or two of Syrup of Violets luke-warm, just an Hour before Breakfast, Dinner, and Supper, and walk a little gently after it.

It is excellent against all Obstructions, and all Kinds of Ulcers, inward and outward; good to wash an Ulcer by Injection, good against the Stone in the Bladder or Kidnies. It strengthens and increases Blood, it dries

82 *The Young Woman's best Companion.*

dries up superfluous Humours in the Body, but not the Blood; it is admirable against the cold Palsy; sometimes it causes Bleeding, but very seldom, and purges by Stool, but not very often, and not dangerous at all; it strengthens Nature, purges Urine, helps Shortness of Breath, procures Appetite, kills Worms, cures Consumptions, and Dropsies.

251. *A Salve for a Strain.*

Boil Ale upon a gentle Fire, till it comes to the Consistence of a Salve or Plaister, spread it upon White Sheep or Lamb's Leaker, and so apply it.

It is excellent for any Bruise or Strain, especially if it is new done. If it be a Bruise, it will be necessary to take as much *Sperma Ceti*, or *Irish Slate*, as will lay on a Groat, in Posset-Drink, to drive the Humour outward.

252. *For a Felon or Whitloe.*

Take Red Sage and Rue, of each a like Quantity, beat them very well together, then take the White of a new-laid Egg, beat it with a Spoon 'till it comes to an Oil, Honey, and Wheat-Flour, as much as will make the Sage and Rue into a cold Poultrice, mix or beat them well together, and so apply it, renewing it twice a Day, and it will cure it.

253. *A most excellent Wound-Drink.*

Gather the Buds and Herbs in May, (or sooner, if they may be gotten) *viz.*

Avens,
Balm,
Bugle,
Bramble-Buds,
Cinquefoil,
Clary-Roots,
Comfrey,
Dandelion,
Egremony,
Hawthorn-Buds,
Mints,
Mugwort,

Oak Buds and Leaves,
Palantine,
Rile-wort,
Sanakle,
Scabious,
Strawberry Leaves,
Southernwood,
Violet-Leaves,
White-Bottles,
Wild-Angelica,
Wood-Betony,
Wormwood.

Dry

Dry them in a Room out of the Sun, without much Fire, turning them every Day, that they become not mouldy, nor musty; when they are well dried, put them up into Canvas Bags, or Paper Bags, severally.

When you make the Drink, take of each of the Herbs (if green) one Handful, or of all of them together (if so dried) three Handfuls; boil them in two Quarts of Running or Spring Water, until half the Water be consumed, strain the Liquor from the Herbs, and put to it a Quart of White-Wine, and a Pint of Honey, boil it again, taking away the Froth and Scum, then strain it, and keep it in Glais Bottles close stopped.

It will not keep good above three or four Weeks at the most. Take three or four Spoonfuls in the Morning Fasting, and late at Night. It cures old Sores, Green Wounds, Imposthumes, Fistulas, Sore Breast, Putrified Bones, Aches in the Stomach, Stauncheth Bleeding. Tent no Wound that you use it for, only search the Wound with a Tent to clean it, and cover it with a clean Cloth,

During the Time of the Cure, the Patient must keep a spare Diet, and abstain from Wine and strong Drink. Give it not to a Woman with Child, for it may cause her to miscarry.

254. *The Yellow-Salve.*

Take the Yolks of one Egg, half as much Honey, as much *Venice* Turpentine as you may conveniently take up with a Knife Point, White mixed with the Egg Yolk, and beat them well together till the Body of the Turpentine be broken, then, with Wheat-Flour, make it into a Spreading Plaister,

It is excellent good for Boils, to ripen and heal them.

If the Orifice be not large enough, or some proud Flesh grow in it, or Core, strew some Powder of burnt Allum and Precipitate on it, and let it lay for twenty-four Hours.

It is very good for old Sores; and, to prevent proud Flesh, use dry Lint one Day to the Sore, with a Plaister over it, another Day Lint with this Salve on it.

255. *An excellent Eye-Salve.*

Take a Lump of Salt, wrap it fast in a Paper, lay it in a red-hot Fire until it be as red-hot as the Coals, which it will be, and in a hard Lump, take it out of the Fire, and when it is cold, scrape off all the Black, and keep the white Lump for Use. When you use it, scrape it very fine, and bruise it with a Knife or Spoon, on a Plate or Marble, as fine as possibly you can; then take Liquid Honey if you have it, (if not) melt some Honey, take it by Spoonfuls into an Earthen or Pewter Porringer, and to every Spoonful put as much of this fine Powder as you can lay on a Groat for a Man, (if for a Horse, or any other Beast, as much as will lay on a Shilling) beat them very well with a Spoon for an Hour at the least.

Drop it into the Eye with a Goose-Quill, (or a Stick in the Shape of a Quill) stirring it well together with the Quill before you take it up to drop into the Eye. If you make it for a Horse or other Beast, you must put it into the Eye with a Feather. It will take off any Pearls, or Film, or Speck, or cure any Sore Eye in Man or Beast.

256. *For a Scald-Head.*

Take a Quarter of a Pound of Bear's Grease, an Ounce and Half of Quicksilver killed, with the Juice of Lemon, or new Milk, an Ounce and Half of Unguentum Allum, an Ounce of Oil of Bays, an Ounce of Flour of Brimstone, Half an Ounce of Camphire shaved, two Spoonfuls of White-Wine, Sorrel Water and Plantain Water, of each three Spoonfuls, Half an Ounce of Sandevere in fine Powder, beat all these together with a Slice or Knife, for a Quarter of an Hour, put it into an Earthen Pot for your Use.

Cut the Hair from the Head so far as the Scald hath infected, then take White-Wine, Plantain Water, Sorrel Water, of each a like Quantity, and as much Juice of a Lemon as half of one of the other Waters; with these mixed together, wash the Head very well twice a Day for a Week together, anointing it after every Washing, with the Ointment before directed.

Then

Then use the Plaister following.

Take a Quarter of a Pound of Stone-pitch, an Ounce and half of *per* Rosin, melt them, and mix them well together, spread it on the Flesh Side of Allum Leather, apply it to the scald Head, shift it once in 24 Hours, and anoint the Head with the Ointment at every Shifting; when you take off the Plaister, take it up against the Hair, that it may take up the infected Hair. It will not be amiss, when the Plaister is off, to pick out of the Sore what Hairs you can, that are forked or double. Use the Plaister and Ointment until the Redness be gone, and that the Head be white, and no Corruption come. This Method will cure any scald Head.

257. *For the Yellow or Black Jaundice.*

Take Balm, Angelico, Romane Wormwood, Celendine, Speremint, of each a good Handful, of the Inner Bark of Barberry Bush, an Ounce and Half, beat them well together in a Mortar, then take Turmerisk in Powder, and shaved Hartshorn, of each an Ounce and Half, take also a Pint of White Snails, with their Shells on, wash them very clean, put them in the Middle of a clear Fire of Sticks or Wood, and let them lay in the Fire 'till they give over Hissing, wipe them very well with a clean Cloth, and beat them amongst the Herbs, then put to them a Gallon of the strongest Ale you can get, let them stand altogether one Night, then take Eight-pennyworth of Saffron, tie it in a clean Cloth, and lay it in two or three Spoonfuls of Ale all Night, then boil your Ale, Herbs, Snails, and a Pennyworth of Cloves in Powder, Turmerisk in Powder, and shaved Hartshorn, 'till a fourth Part of the Ale be consumed, strain the Liquor from the Ingredients, and strain the Ale from the Saffron, and put it to the other Liquor, keep it in a Glasse Bottle for your Use.

Drink about the third Part of a Pint first in the Morning, and about an Hour and Half before you go to Bed, walk as much as you are well able, and about an Hour after the taking of this Drink, take a Draught of Broth

86 *The Young Woman's best Companion.*

made of Veal or Chicken, (but not of Mutton.) This is a sure Cure for the Yellow and Black Jaundice.

You may gather of these Herbs in *May*, and keep them dry all the Year for Use.

258. *For the Canker in the Mouth.*

Take the Inner Sole of an old Shoe next the Feet wash it very clean, burn it in a clear Fire, and beat it to Powder, then take of the Scurvy-Grass, Red Sage, and Bramble Leaves (that grow near the Ground) of each a Handful, being dried, beat them to Powder, then take a Pennyworth of Roch-Allum, burnt on a clear Fire, an Ounce of Sandevere beat in Powder, Honey of Roses and Syrup of Mulberries, of each an Ounce, mix all these together, and dress the Mouth with it twice a Day, and it will cure any Canker.

259. *A Plaister for a Crush, Bruise, or Strain.*

Take of Olibatum two Pennyworth, White Pitch and Frankincense of each one Pennyworth, common Treacle half a Pennyworth, melt the Gums well together, then put in the Treacle, and stir all very well, spread it on the Flesh Side of allum'd Leather.

260. *Against Convulsion Fits.*

The Roots of Single Piony, and the Roots of Briony, of each an Ounce in Powder, mix them together, divide it into three Parts, take it at three Times in a Draught of White-Wine in one Day. Take this every Day for three Days together, when you are troubled with Fits, but the best Time is near the Change and Full of the Moon.

261. *For Sinews that are Shrunken or Stiff.*

Take the Heads of two Sheep that are sound and fat, boil them, and take off the foul Scum that riseth first, and cast it away, then take the pure Fat that riseth, clarify it, then put it to half a Pound of clarified Goat's Grease, and two Ounces of Oil of Swallows, mix them well together over a gentle Fire, put it into a Pot for Use.

Anoint

The Young Woman's best Companion. 87

Anoint with it Morning and Evening before the Fire, rub it very well in for a Quarter of an Hour together, stretching forth the Member whilst it's anointing; if it be an Arm, let the Patient swing or lift Weights as much as they are able.

262. *A Compound Balsam for Wounds, cold Pains, Strains, or Bruises.*

Take of Sallad Oil, White Resin, of each one Pound, Yellow Wax four Ounces, Venice Turpentine six Ounces, melt them together, when they are perfectly dissolved over a gentle Fire, take the Pan from the Fire, and put to them Galbanum one Ounce, Oil of Spike, and Liquid Storax, of each half an Ounce, stir them well together, and whilst it is warm put it into Pots for Use.

It will hold good sixty Years.

263. *For the Worms in the Stomach.*

Take a Handful of Hyssop, boil it in a Pint of Ale 'till the Ale be half consumed, strain the Liquor from the Hyssop, put to it three Spoonfuls of Life-Honey, set it on a soft Fire 'till the Scum arise, take off the Scum, then put in a Pennyworth of Worm-seed bruised, give it a Walm or two over the Fire, then clear the Ale, and drink what you please of it.

264. *To prevent Vomiting after Meat.*

Take Mint, Anniseed, and Liquorice, all in fine Powder, of each a like Quantity, mix them well together, and take the Knife Point full after your Meal, and it will keep you from Vomiting.

265. *A very good Issue Plaster.*

Take of Diashilon Simplex half a Pound, Burgundy Pitch six Drams, Irras Root in Powder, two Drams, make it up in a Role with Oil of Roses.

266. *For the Chin-Cough.*

Take the white Moss which grows upon the Oak, it has little Cups upon it, boil it in all the Meat that the Patient eats, or give the Powder of it in Drink, or Broth, and it will cure it infallibly.

88 *The Young Woman's best Companion.*

267. *For Swelling, with Inflammation.*

Take a Handful of Camomile, shred it, and half fry it in Butter, take it out, and put to it two or three Spoonfuls of new Broom, so apply it as hot as you can for Scalding.

268. *White Juice of Liquorice.*

Take green Liquorice newly got, scrape it very clean, and cut out all the Specks, cut it the Cross-way, as thin as you can, then set it before the Fire, or in an Oven (after Bread is drawn) to dry. Beat and scrape it, and to a Pound of the Powder, put of the Water of Hyssop, Horehound and Red Roses, of each one Pint, let them infuse three or four Days, then strain it through a coarse Strainer into a Posnet or Skillet, put to it one Pound of the best Loaf-Sugar, or White-Sugar-Candy, set it on a Fire to boil, keep it with continual stirring that it burn not, boil it 'till by dropping upon a Plate a Drop or two, if touched with your Finger, it will not stick but leave it, then put into it Musk and Ambergrease, of each two Grains, take it off the Fire, and beat it with a Wooden Slice in the Posnet or Skillet, the more you beat and stir it the Whiter it will be. When it is cold, role it out, and cut it into Pellets, as you please.

It is most excellent good in Defluxion or Rheum, holding a Pellet or two in your Mouth, then let it dissolve.

269. *For a Wen.*

Tie a String about it as near the Root as you can, every Day tie it straiter, which you may do 'till it be ready to fall off, then cut it away.

270. *For a Quincey.*

The present Cure for it is to open a Vein under the Tongue.

271. *For the Yellow Jaundice.*

Take two Drams of Castile Soap, slice it very thin into one Beer, or Ale, beat it together 'till the Soap be dissolved,

The Young Woman's best Companion. 89

solved, drink this in the Morning fasting, fast an Hour after it; if it cure not at the first Time, take the same Quantity again. It has been known to cure at twice taking, seldom at once.

272. *To kill and bring away all Sorts of Worms.*

Take a Pint of the best White-wine Vinegar, a Handful of Hyssop, (unset Hyssop is best) cut it, boil it in the Vinegar till half be consumed, strain out the Hyssop, and put into the Liquor half an Ounce of Worm-seed bruised, give it a Walm over a gentle Fire, or whilst you may repeat a *Pater noster*, strain out the Seeds, and clear the Liquor, set it over the Fire again, and add to it so much Life-Honey as will sweeten it, let it stand over the Fire till the Scum arise, take it off with a Spoon, keep the Liquor for your Use.

The Dose is two or three Spoonfuls at Night, and as much in the Morning, fast two Hours after it.

273. *To help Delivery.*

Take Saffron, Grames of Paradise, Date Stones, and White Amber, of each a like Quantity, beat them all into a very fine Powder, and mix them very well together. Give half a Dram of it, in a little warm Ale, when the Midwife thinks fit; if the Child be dead, give a Dram of it.

274. *Brandy-Elixir, or a general Purge.*

Take of Sena two Ounces, Jalop one Ounce, infuse them in a Quart of good Brandy, until it be of a Blood-red Colour, strain it, and keep it in a Glass Bottle very close corked. Take two or three, or four Spoonfuls for a Dose, as you find it to work with you, Broth is best to take after it. You may add to it half an Ounce of White Briony Root, Anniseeds, Fennel Seeds, and Liquorice, of each one Ounce, slice the Roots, bruise the Seeds, and so infuse them with the two other Ingredients.

275. *Surfeit-Water.*

Take a Peck of ripe Poppy Flowers, pick them very clean, and infuse them in four Quarts of Brandy, in such a Place as they may stand something warm (in an Earthen Vessel) for thirteen Days, stirring them well up every Day, then strain out the Poppy Flowers, and put to the Liquor two Drams of Confection Alkernes, a Pound and half of Loaf-Sugar in Powder, when it is well dissolved bottle it up, and keep it for Use.

276. *To stay a violent Looseness.*

Take a Quart of Ale, a Quarter of a Pound of Loaf-Sugar, a Quarter of a Pound of Sweet-Butter, a Quarter of an Ounce of Cinnamon, the Bottom of a Penny Manchet, boil them all together 'till half be consumed, give the Patient a Quantity of a Coffee-Dish full at a Time, being well stirred together warm.

277. *To cure a Consumption.*

Take a Quart of good strong new Ale-wort, boil it to the Consistence of a Syrup, put thereto two Spoonfuls of good Honey. Take a Spoonful or two first in the Morning, and last at Night.

278. *White Liquorice Cakes.*

Take a Pound of the best Liquorice newly got, scrape it very well, and put it into Water, then take it out and beat it well in a Mortar, then put it into fresh Water, as much as will cover it well, and when it has lain a Night therein, strain it out, and, to a Pound of this Liquor, put three Quarters of a Pound of the best Sugar, and boil it to a good Consistence for making into Cakes, so make it up into Cakes when it is cold. You may put a Quarter of a Grain of Musk to give it a Perfume.

279. *To make Children cut their Teeth easy.*

Take the Brains of a Hare, or the Brains of a Hen, and rub the Child's Gums with them, once or twice a Day, and it will make the Teeth cut without Pain.

280. *Another.*

Take a Tooth out of a Calve's-Head and hang it about the Neck of the Child, and it will make them cut easy.

281. *For a Cough in a young Child.*

Rub his Stomach well, when he goes to Bed, with Oil of Roses, and then lay a warm Cloth to it, and in three or four Nights so doing, he will be cured.

282. *For a Corn on the Toe.*

Take a Black Snail, and roast him well, in a white wet Cloth bruise him, and lay him hot to the Corn, and it will take it away in a very short Time.

283. *For a Quartan Ague.*

Rue bruised, and worn under the Feet, next the Skin, is an excellent Remedy.

284. *For the Head-ach.*

Make Vinegar of Vervain as you make Vinegar of Roses, only make it of the Leaves, not of the Flower of Vervain, bathe the Head with it.

285. *For Warts.*

Anoint your Warts with Pigeon's Dung, mixed with Vinegar, and it will cure them.

286. *To take away Spots or Stains.*

The Water wherein Lavender hath been boiled will take away any Spot or Stain out of any Cloth.

287. *To make Bitters.*

Take a Quart of the best *French Brandy*, a Quarter of an Ounce of Saffron, Half an Ounce of Gentian Roots sliced thin, Two pennyworth of Cochineal, and a small Quantity of Orange-peel; put them in a Bottle, and let them stand two or three Days.

92 *The Young Woman's best Companion.*

288. *To wash Children when sore or galled.*

Take a Handful of Sage, green is best, and boil it in a Quart of Spring Water 'till one third is wasted, then put in a Piece of Fullers's Earth as big as a large Walnut, and keep it for Use; always stirring it before you use it.

289. *For a Rupture.*

Take Oil of Eggs, and anoint the Part afflicted well; the Person must lay on their Back as much as they can.

290. *To cure the Gripes in Children.*

Take a Spoonful of Hemp-seed, and boil it in half a Pint of Water, sweetened with Sugar. This will likewise cure the Cholick in grown Persons.

291. *A certain cure for the Bite of a Mad Dog.*

Let the Patient be blooded at the Arm nine or ten Ounces.

Take of the Herb call'd in Latin *Lichen Cinereus Ternestris*, in English *Asb-colour'd Ground Liverwort*, clean'd, dry'd, and powder'd, half an Ounce. Of black Pepper powder'd, two Drachms. Mix these well together, and divide the Powder into four Doses, one of which must be taken every Morning, fasting, for four Mornings successively, in half a Pint of Cow's Milk warm. After these four Doses are taken, the Patient must go into the Cold Bath, or a cold Spring or River, every Morning fasting, for a Month: He must be dipt all over, but not stay in (with his Head above Water) longer than half a Minute, if the Water be very cold. After this he must go in three Times a Week for a Fortnight longer.

N. B. The *Lichen* is a very common Herb, and grows generally in sandy and barren Soils all over England. The right Time to gather it is in the Months of *October* or *November*.

Directions

Directions for Marketing.

To chuse Beef.

OX Beef has an open Grain, and the Fat, if young, is of a crumbling or oily Smoothness, except it be the Brisket and Neck Pieces, with such others as are very fibrous. The Lean ought to be of a pleasant Carnation Red, the Fat rather inclining to White than Yellow, and the Suet very white.

Cow Beef has a closer Grain, the Fat is whiter, the Bones less, and the Lean of a paler Colour. If it be young and tender, the Dent made by pressing it with the Finger will rise again in a little Time.

Bull Beef is of a deeper Red, a closer Grain, and firmer than either of the former, harder to be indented with your Finger, and rising again sooner. The Fat is gross and fibrous, and of a strong rank Scent. If it be old it will be so very tough, that your pinching it will scarcely make any Impression. If it be fresh it will be of a lively Colour, but if stale, of a dark dusky Colour, and very clammy, If it be bruised, the Part affected will look of a blackish or more dusky Colour than the Rest.

To chuse Mutton.

When upon pinching it between your Fingers it feels tender, and soon returns to its former Place, it is young; but if it wrinkle, and remain so, it is old. If it be young, the Fat will easily separate from the Lean, but if old, it will adhere more firmly, and be very clammy and fibrous. If it be Ram Mutton the Fat will be spongy, the Grain close, the Lean rough, and of a deep Red, and when dented with the Finger will not rise again. If the Sheep had the Rot, the Flesh will be palish, the Fat of a faint White, inclining to Yellow; the Meat will be loose at the Bone, and on your squeezing it hard, some Drops of Water, resembling a Dew or Sweat, will appear on the Surface. If it be a Fore Quarter, observe the Vein in the Neck, for if it looks ruddy,

94 *The Young Woman's best Companion.*

ruddy, or of an Azure Colour, it is fresh, but if Yellowish it is near tainting, and if Green it is already tainted. As to the Hind Quarter, smell under the Kidney, and feel whether the Knuckle be stiff or limber; for if the former has a faint or ill Scent, or the latter an unusual Limberness, you may be certain of its being stale.

To chuse Pork.

When upon pinching the Lean between your Fingers, it breaks and feel soft and oily, or if you can easily nip the Skin with your Nails, or if the Fat be soft and oily, it is young; but if the Lean be rough, the Fat very spongy, and the Skin stubborn, it is old. The Flesh of a Boar, or Hog, gelt at full Growth, feels harder and tougher than usual, the Skin is thicker, the Fat hard and fibrous, the Lean of a dusky Red, and rank Scent. That you may know it to be fresh or stale, try the Legs and Hands at the Bone, which comes out in the Middle of the fleshy Part, by putting in your Finger, for as they first taint in those Places, you may easily discover it by smelling to your Finger. When stale, the Skin will be clammy and sweaty; but when fresh, it will be smooth and cool.

To chuse dried Hams and Bacon.

Run a sharp-pointed Knife into the Middle of the Ham, on the Inside under the Bone, then drawing it out, smell to it, if its Flavour be fine and relishing, and the Knife little daubed, the Ham is sweet and good, but if the Knife be much daubed, has a rank Smell, and a Hogoo issues from the Vent, it is tainted. A Gammon of Bacon may be tried in the same Manner, and be sure to observe that the Flesh stick close to the Bones, and the Fat and Lean to each other; for if it does not, the Hog was not sound. Take care also, that the extreme Parts of the Fat near the Rind be White; for if it be of a darkish or dirty Colour, and the Lean pale and soft, it is rusty.

To chuse Brawn.

Brawn is known to be young or old by the Rind; for if this is thick and hard, it is old, but if soft, and of a moderate Thickness, it is young. If the Rind and Fat be remarkably tender, it is not Boar Brawn, but Barrow or Sow.

To chuse Veal.

The Flesh of a Bull Calf is firmer grain'd, and redder than that of a Cow Calf, and the Fat more curdled. Observe, if the Vein in the Shoulder be of a bright Red, it is new killed; but if greenish, yellowish, or blackish, or be more clammy, soft, and limber than usual, it is stale; and if it hath any greenish Spots about it, it is either tainting, or already tainted. If it be wrapped in wet Cloths it is apt to be musty; therefore always smell to it. The Loin taints first under the Kidney, and when stale, the Flesh will be soft and slimy. The Leg, if newly kill'd, will be stiff on the Joint; but if stale, limber, and the Flesh clammy, intermixed with green or yellowish Specks, the Neck and Breast are first tainted at the upper End, and when this is the Case, will have a dusky, yellowish, or greenish Appearance, and the Sweetbread on the Breast will be clammy.

To chuse Butter.

When you buy Butter, do not trust to the Taste they give you, lest you be deceived by a well-tasted Piece artfully placed in the Lump; but taste it yourself at a Venture. It is easier to distinguish Salt Butter by scenting than tasting it; therefore run a Knife into it, and put it immediately to your Nose. As a Cask may be purposely pack'd, do not trust to the Top alone, but unhoop it to the Middle, and thrust down your Knife close to the Staves of the Cask, and then you cannot be deceived.

To chuse Eggs.

When you buy Eggs hold them up against the Sun, or a Candle, and if the Whites appear clear and fair, and the Yolk round, they are good; but if muddy or cloudy, and the Yolk broken, they are nought. Or put the great End to your Tongue; if it feels warm, it is new; but if cold, it is stale. Or take the Egg and put it into a Pan of cold Water; the fresher it is the sooner it will sink to the Bottom; but if it be rotten, or addled, it will swim on the Surface of the Water. The best Way to keep them is in Bran or Meal.

To chuse Cheese.

If the Coat of an old Cheese be rough, rugged, or dry at the Top, it indicates Mites, or little Worms; or if spongy, moist, or full of Holes, it is subject to Maggots. If you perceive on the Outside any perished Place, be sure to examine its Depth.

To chuse a Cock or Hen Turkey, Turkey Poult, &c.

If the Legs of a Turkey-Cock are black and smooth, and his Spurs short, he is young; but if his Legs are pale and rough, and his Spurs long, he is old. If long killed, his Eyes will be sunk into his Head, and his Feet feel very dry; but if fresh, his Eyes will be lively, and his Feet limber. For the Hen, observe the same Signs. If she be with Egg, she will have an open Vent; but if not, a close hard Vent. The same Signs will discover the Newness or Staleness of Turkey-Poults.

*To know Fish, whether New or Stale, &c.**Of Sturgeon.*

If this Fish be not well cured, it will never have its true Goodness. To know this, cut it with a sharp Knife; and if it crumble and shiver, and feel rough and brittle between your Finger and Thumb, it is not for your Turn: But if it be good, it will be a little tough, and squeeze
oily

oily out, in a Manner like Wax, look white, and in some Places have blue Streaks or Veins, the Skin limber, feeling fat underneath, and emit a pleasant Scent.

Of Salmon.

If the Scales are bright and shining, of a light azure Colour, the Skin, when press'd down, rising again quickly, the Flesh of a blushing Colour, and of a pleasant Scent, then it is good: But if the Scales be cloudy, dark, easily slip off the Skin, rough and stubborn, the Flakes short, dry and brittle, then is the Goodness gone from it, and it is either decay'd Fish, or has been recovered by Pickle after Damage.

Turbots, Cod, Fresh Salmon, Carp, Pike, Bream, Roch, Trout, Grayling, Ruff, Chub, Tench, Eel, Barbel, Whiting, Smelts, &c.

These, and all such like Fish, if new, will be stiff, and their Eyes well standing, and of a lively Colour; but when they begin to taint, their cold slimy Substance makes them limber, the Moisture falling from the Brain renders the Eyes more dull, and, as it were, shrinking or sinking; their Fins, tho' often wetted by the Fishmongers to prevent it, will however crumple, and shew Signs of approaching Putrefaction.

Lobsters.

The Cock is usually smaller than the Hen, and of a deeper Red, when boiled; neither has it any Spawn or Seed under its Tail.

To know whether these be new or stale, unbind the Tail, and if it be stiff in opening, and snap to again, then it is new; but if limber and flagging, it is stale: If new, it has a pleasant Scent at that Part of the Tail which joins to the Body; if it is spent, a white Scurf will issue out among the Roots of the small Legs, and at the Mouth. To see whether it is full, open it with the Point of a Knife, on the Bend of the Tail, as it is tied down; and if it fill the Shell there, and be red, hard

98 *The Young Woman's best Companion.*

and pleasant scented, it is good; but if sinking and soft, it is spent and wasted; for the Fishmonger, to deceive the ignorant Buyer, will only open them at the extreme Part of the Tail; and tho' they be wasted, they will appear well enough there. If you suspect the Claws filled with Water, to make them weighty, as sometimes they do, pull out a Plug you will find there, and the Water will gush out.

Crab Fish, great and small.

If stale, the Joints of their Claws will be limber, the Colour of their Shells of a dusky Red, and an ill Scent just under the Throat; their Eyes will be very loose, turn any Way with the Tip of your Finger, and sink inward.

Prawns and Shrimps.

If new, they will be hard and stiff, cast a pleasant Scent, and their Tails turn strongly inward: But if stale, they will be limber, and fade in their Colour, smell faintly, and feel clammy.

Salt Cod and Old Ling,

Are known to be good, when the Flakes rise well and oily, the Bone parts clean from the Flesh, and they are of a bright, natural Colour, and good Scent; but they are bad when they break short, are hard and dry, change Colour, the Skin rough, and sticking close, not well to be stirred or removed.

Pickled Herrings, and Pilchards.

Open the Back; if the Flesh be soft and mellow, kindly parting from the Bone, comes out in long Flakes, the Bone white, and somewhat inclining to a light Red, then are they new and good; but if the Flesh stick to the Bone, be brittle and rough, the Bone of a yellowish, blackish, or murrey Colour, they are rusty, and of little Worth.

Red-

Red-Herrings.

If they carry a good Gloss, and the Flesh part kindly from the Bone, and they be of a light, bright Colour, they are good; but the contrary shews them decay'd or rusty.

Fresh Herrings, and Mackerel.

Their Newness or Staleness is known by their keeping or losing their lively shining Redness on their Gills; for a deadish, fading Colour, with an ill Scent, their Fins crimpling and limber, and their Eyes looking dry and dull, shew that they are stale, whereas the contrary denotes them new.

Plaife, or Flounders.

If their Eyes are any Ways sunk, or look very dull; if they be limber, and have an unusual cold, clammy Slime upon them, then are they stale; but if they be stiff, their Eyes clear and moderately dry, their Fins stiff, and not crimpling or shrivelling together, it is a Sign of Newness, or that they have not long been dead.

The Plaife has red or orange-colour'd Spots on her Back, her Fins more spreading, of a tawnyish or brown Colour on the Back, and a more earthy white Belly, her Mouth standing, as it were, more awry.

The Flounder is dusky, or cloudy on the Back, without Spots, thicker, and more compacted, and a Kind of an azurish white Belly.

Maids, and Thornbacks.

The Staleness appears in these, by their Eyes beginning to sink and look dull, their Flesh feeling flabby, their Lips beginning to hang, and the Corners of their Mouths to be corrupted: But when no such bad Signs appear, they may well enough pass for new.

Anchorvies.

Open the Cork in the Middle of the Head of the Barrel, put in your little Finger, and taste the Pickle;
K 2 if

if it tastes mellow, has a good Relish, and looks of a dusky Red, then it is the natural Pickle, and they may prove well; but if it be whitish, watry, rough, and very brackish, it signifies new Pickle has been put to them. But to try the Fish, open the Backs of two or three of them; and if the Flesh be of a pleasant Red, soft and mellow, the Bone moist and oily, the Flesh easily parting to good Lengths, without breaking, then are they good; but if it be stiff, brittle, of a dusky Colour, the Bone dry, and of a whitish yellow, or blackish, then they are decay'd, or have been rusty, and artificially recovered, and consequently naught.

To preserve Fish a while when near tainted.

This is meant of fresh Fish: The best Way to do it, if they are not too far gone, is, take out their Guts, but do not wet them with Water; then sprinkle them within and without with Salt, and lay them in Rows, on Flags or Rushes, in a cool dry Cellar, but not to touch one another; then cover them with Hyssop, or Winter-savoury, and so they will keep 24 Hours pretty well, the Herbs drawing the Scent from them, and the Rushes the Moisture and Slime; but they will afterwards be better boiled or baked, than fry'd, stew'd or roasted, unless they are stew'd with Spice and Wine.

Instructions for Carving.

To unjoint a Bittern.

RAISE the Wings and Legs as a Hern, which see, and use no other Sauce but Salt.

To cut up a Bustard. See Turkey.

To unlace a Coney.

Turn the Back downward, and cut the Flaps or Apron from the Belly or Kidney; then put in your Knife between the Kidnies, and loosen the Flesh from the Bone on each Side; then turn the Belly downward, and cut the

the Back across between the Wings, drawing your Knife down on each Side the Back-bone, dividing the Legs and Sides from the Back : Pull not the Leg too hard, when you open the Side, from the Bone, but with your Hand and Knife neatly lay open both Sides from the Scut to the Should'rs; then lay the Legs close together.

To display a Crane.

Unfold his Legs, then cut off his Wings by the Joints; after this, take up his Legs and Wings, and sauce them with Vinegar, Salt, Mustard, and powder'd Ginger.

To unbrace a Duck, or Mallard.

Raise up the Pinions and Legs, but take them not off, and raise the Merry-thought from the Breast; then lace it down each Side of the Breast with your Knife. After the same Manner unbrace a Mallard.

To rear a Goose.

Take off both Legs fair, like Shoulders of Lamb; then cut off the Belly-piece round close to the End of the Breast; then lace your Goose down on both Sides of the Breast half an Inch from the sharp Bone; then take off the Pinion on each Side, and the Flesh you first laced with your Knife, then raise it up clean from the Bone, and take it off with the Pinion from the Body : Then cut up the Merry-thought; then cut from the Breast-bone another Slice of Flesh, quite through; then turn up your Carcase, and cut it asunder, the Back-bones above the Loin-bones.

To dismember a Hern.

Take off both the Legs, and lace it down the Breast on both Sides with your Knife, and open the Breast-pinion, but take it not off; then raise up the Merry-thought between the Breast-bone, and the Top of it; then raise up the Brawn; then turn it outward upon both Sides, but break it not, nor cut it off; then cut off the Wing-pinions at the Joint next the Body, and stick in each Side the Pinion in the Place you turn'd the Brawn

102 *The Young Woman's best Companion.*

out: But cut off the sharp End of the Pinion, and take the Middle-piece, and that will just fit in the Place. You may cut up a Capon or Pheasant the same Way.

To wing a Partridge, or Quail.

Raise the Legs and Wings, and sauce them with Wine, powder'd Ginger, and Salt.

To allay a Pheasant, or Teal.

Do this as you do a Partridge, but use no other Sauce but Salt.

To lift a Swan.

Slit the Swan down in the Middle of the Breast, and so clean through the Back, from the Neck to the Rump: Then part it into two Halves, but do not break or tear the Flesh; then lay the two Halves in a Charger, with the Slit Sides downwards; throw Salt upon it; set it again upon the Table; let the Sauce be Chaldron, and serve it in Saucers.

To cut up a Turkey.

Raise up the Leg fairly, and open the Joint with the Point of your Knife, but take not off the Leg; then with your Knife lace down both Sides of the Breast, and open the Breast-pinion, but do not take it off; then raise the Merry-thought betwixt the Breast-bone, and the Top of it; then raise up the Brawn; then turn it Outward upon both Sides, but break it not, nor cut it off; then cut off the Wing-pinions at the Joint next the Body, and stick each Pinion in the Place you turned the Brawn out; but cut off the sharp End of the Pinion, and take the Middle-piece, and that will just fit the Place. You may cut up a Bustard, a Capon, or a Pheasant, the same Way.

To thigh a Woodcock.

Raise the Wings and Legs as you do a Hen, only lay the Head open for the Brains; and as you thigh a Hen, so you must a Curlew, Plover, or Snipe, excepting that you have no other Sauce but Salt.

A Bill of Fare for every Month in the Year.

JANUARY.

First Course.

SOUPS of Pease, Gravy,
Herbs, Fish, Vermicelli,
&c.

Fish; as, Bisque of Fish, Carp,
Soles, or Tench stew'd,
Turbot, Flounders, Plaise,
Cod, Thornback, or Scate
boil'd, &c. Whittings
broil'd or boil'd.

Bacon or pickled Pork, and
Fowls and Greens in one
Dish.

Calf's-head, or Knuckle of
Veal, Bacon and Greens.
Collar of Brawn.

Leg of Pork boil'd with
Turneps, and Pease Pud-
ding.

Leg of Lamb and Spinach.
Brisket of Beef stew'd.

Ache-bone of Beef or Rump,
either boil'd with Greens,
or roasted, with Horse-
radish, &c.

Turkey and Chine.

Neat's-Tongue and Udder.

Pullets roasted and Eggs.

Veal, roasted, ragou'd, boil-
ed, &c.

Pastry; as, Puddings and
Pyes of various Sorts,
Pancakes, Fritters, and
minc'd Pyes.

Scots Collops.

Brocoli, Asparagus, Spinach,
Cabbage-Sprouts, Cole-
worts, Cabbage, Savoy,
Red and White Beets,
Carrots, Potatoes, Horse-
radish, Onions, Parsnips,
Turneps, Leeks, Thyme,
Sage, Parsley, Celery, En-
dive, Winter-savoury, &c.
are Garden-Stuff to be
had in this Month, as
well as in the succeeding
Spring Months.

Second Course.

Poultry; as, Wild Fowl of
all Sorts, Turkey, or
Chickens, roasted, with
Asparagus.

Fish; as, Jowl of Sturgeon,
Marinated Fish.

Roast Beef, with Greens, or
Horse-radish.

Quarter of Lamb.

Hare roasted, with a Pud-
ding.

Chine of Mutton roasted,
with Pickles.

Pig roasted, or collar'd.

Calf's-Head or Hog's Head
roasted.

Dry'd Tongues.

Pastry; as, Butter'd Apple-
pyes hot, Lamb, and other
Pyes.

Fruits

104 *The Young Woman's best Companion.*

Fruits of all Sorts; or Sweetmeats.

FEBRUARY.

First Course.

Soups of different Sorts.

Poultry; as Hen, or Turkey, with Oyſter-fauce, or Eggs.

Fish; as, Cod's Head, &c. boil'd; Tench, Carp, &c. ſtew'd; Pike roasted, with a Pudding in its Belly; Whitings, Plaife, Flounders, boil'd or broil'd; Eels ſpitchcock'd, broil'd, or boil'd.

Salt Fish and Eggs, or Parſnips.

Salmagundy.

Scots Collops.

Ham and Chickens, with Sprouts, or Brocoli, Lupines, &c.

Beef Marrow-bones, and black Puddings.

Chine of Mutton and Caper-fauce.

Second Course.

Poultry; as, Chickens and Asparagus, roasted Partridges, or Quails, Squab Pigeons, Young Rabbits roasted or fricafy'd; Turkey.

Fish; as, Sole, Flounder, Lobſter, Sturgeon, &c.

Paſtry; as, Tarts, Cheeſe-cakes, Pear-pye & Cream, hot butter'd Apple-pye, &c.

Sweetmeats.

Fruits of all Sorts.

MARCH.

First Course.

Soup of Gravy, Herbs, Fiſh, Peaſe, &c.

Fish of all Sorts, either fry'd, broil'd, ſtew'd, or boil'd; as Carp, Tench, Mulletts, &c.

Neats Tongue and Udder, with Greens, Roots, &c. Stew'd Veal.

Knuckle of Veal boil'd, with Greens.

Ham and Chickens, or Pigeons.

Ache-bone, or Buttock of Beef, with Greens and Roots.

Ache-bone, or Rump, or Sir-loin, or Ribs of Beef roasted, Pickles, Horſe-radish, &c.

Paſtry; as Marrow-puddings, Hogs puddings Almond-puddings, Battalia, and other Pyes.

Second Course.

Poultry; as, Chickens and Asparagus, Knots, Ruſſs, Reeves,

Reeves, or Ducklings,
Quails.

Fish; as, broil'd Pike, Salmagundy.

Pastry; as, Skerret-pye, Tongue slic'd with Butter, Pear-tarts, with Cream, Jellies of all Sorts, Puffs of Apples Marrow-puddings Yolks of Eggs &c. *Shrewsbury* Cakes, &c.

Fruits of all Sorts; as Apples, Pears, China Oranges, dry'd Grapes, *French* Plumbs Almonds Raisins, in this as in the two preceding Months.

APRIL.

First Course.

Poultry; as, Bisque of Pigeons, Rabbits or Chickens fricasy'd.

Fish; as, Mackarel, with Gooseberry Sauce, if to be had; Carp, Tench, &c. stew'd or boil'd.

Beef boil'd, roasted, or stew'd
Calf's-head or Knuckle of Veal, or Fowls, with Bacon and Greens, as Brocoli, Spinach, &c.

Neck of Veal boil'd, with Rice.

Ham and Chickens, or Pigeons, with Brocoli, or other Greens.

Chine of Veal, or Leg of Lamb, with Spinach, boil'd or stew'd.

Scots Collops.

Pastry; as Lumber-pye, Veal or Lamb-pye, &c.

Second Course.

Poultry; as, Green Geese, Ducklings roasted, or sucking Rabbits Chickens and Asparagus.

Fish; as, Butter'd Sea-Crabs, fry'd Smelts, roasted Lobsters, Lobsters and Prawns, Crab-fish, Marinated-fish, pickled Salmon or Herrings, souc'd Mulletts.

Roast Lamb, with Cucumbers, or *French* Beans, if to be had.

Pastry; as Hot butter'd Apple-pye, Tarts, Cheese-cakes, Custards, Rock of Snow and Syllabubs.

Fruit of all Sorts; as, Nonpareils, Pearmains, Russet Pippings, Bonchretien Pears, &c. Cherries and Raspberries, if to be had.

MAY.

First Course.

Poultry; as, Roasted Fowls forc'd.

Fish; as, Jowl of Salmon boil'd with Smelts, &c.
Carp

106 *The Young Woman's best Companion.*

JUNE.

First Course.

Carp and Tench stew'd;
Collar'd Eel, with Cray-
fish, &c. Roasted Lobsters,
Bisque of Shell-fish.

Boil'd Beef, Mutton, Veal,
with Greens, Roots, &c.
Calf's Head.

Breast of Veal ragoo'd.

Chine of Mutton with Pick-
les.

Neat's Tongue and Udder,
roasted or boil'd, with
Cauliflower or Brocoli, if
to be had.

Beans and Bacon.

Pastry; as, Boil'd Puddings
of several Sorts, Chicken
or other Pyes.

Second Course.

Venison; as, Haunch of Ve-
nison, Leverets or Fawn,
roasted, Quarter of Kid,
&c.

Poultry; as, Turkey-pouts,
or Quails, young Ducks,
Green-Geese, roasted.

Fish; as Collar'd Eels,
roasted Lobsters, Prawns,
or Cray-fish.

Asparagus upon Toasts.
Green Pease.

Pastry; as, Orangado-pye,
Tarts, Custards, Cheese-
cakes, Creams, &c.

Fruits; as, Apples, Straw-
berries, Cherries, &c.

Venison; as, Haunch roasted
or boil'd, with Cauli-
flowers, *French Beans*, &c.

Poultry; as, Fricassee of Chick-
ens, or young Rabbits;
boil'd Pigeons with Bacon
and Greens.

Fish; as, Turbot, stew'd
Carp, Tench, Soles, boil'd
Trouts, Mulletts Mackarel
Salmon, roasted Pike, or
Barbels.

Lamb and Mutton, with
Cauliflowers, Cabbages,
Kidney-beans, &c.

Beans and Bacon.

Breast of Veal ragoo'd.

Ragou of Lamb-stones and
Sweetbreads.

Westphalia or *Yorkshire Ham*,
with young Fowls.

Beef and Cauliflowers.

Roasted Pig.

Pastry; as Marrow Puddings,
Venison Pasty, Umble
Pye, &c.

Second Course.

Venison; as, Roasted Fawn,
Leverets.

Poultry; as, Pheasants or
Turkey Pouts, young
Ducks, young Rabbits,
Quails, &c.

Fish;

Fish; as, Lobsters, Prawns, or Cray-fish, Jowl of Sturgeon, Fry of spitchcock'd or collar'd Eels, Chine of Salmon, butter'd Crabs.

Pease, or Skirrets.

Pastry; as, Potatoe Pye, Tarts, Custards, Cheese-cakes, Creams, Jellies, Syllabubs.

Fruits of all Sorts; as, Cherries, Rasberries, Strawberries, Gennetin Apples and Pears, some early Figs Currants, early Apricots.

J U L Y.

First Course.

Venison; as, Haunch, roasted or boil'd.

Poultry; as, Pigeons, Fowls, Bacon, &c. Green-Geese.

Fish; as, Fresh Salmon boil'd, Carp and Tench stew'd, Mackarel Turbot, Trouts, boil'd, with butter'd Lobsters.

Beans and Bacon.

Calf's-head, with Bacon and Greens, or Cauliflowers.

Scots Collops.

Chine of Veal.

Pig, larded.

Beef, or Mutton, boil'd or roasted.

Ham and Chickens, with Cauliflower, Cabbage, &c

Roasted Geese, or Ducklings.

Pastry; as, Pigeon Pye, Pudding of several Sorts; Patty Royal, &c. Venison Pasty.

Second Course.

Venison; as, The Shoulder roasted; Potted Venison, in Slices; Hare, roasted.

Game and Poultry; as, Young Ducks, tame or wild Partridges, Quails, Pheasant Pouts, Turkey Pouts, Pigeons, Rabbits, &c.

Fish; as, Souced Mackerel, Lobsters, or Prawns, Marinated Fish.

Potted Beef in Slices.

Collar'd Beef in Slices.

Pease.

Pastry; as, Tansy, Tarts, Custards, Cheese-cakes, Jellies.

Fruit; as, Pine Apples, Plumbs, early Grapes, early Peaches and Apricots, Currants, Gooseberries, Rasberries, some Strawberries Apples, Pears, Cherries, Filberts.

A U G U S T.

First Course.

Venison; as, Haunch boil'd, with Cauliflowers, Cabbages,

gages, or *French Beans*, or roasted, with Gravy and Claret Sauce.

Poultry; as, Fricassee of Chickens or Rabbits, forc'd Fowls, or Fowls *a la Daube*; Rabbits and Onions, roasted Turkeys larded, Geese.

Fish; as, Tench or Carp stew'd, Bisque of Fish.

Pig roasted.

Beef *a-la-mode*.

Beans and Bacon.

Chine of Mutton, with Pickles, or *French Beans*, or stew'd Cucumbers.

Ham and Chickens.

Pasty; as, Pigeon Pye, Umble Pye, Venison Pasty, Florendines.

Second Course.

Poultry; as, Turkey Pouts, Pheasants, or Partridges, roasted Chickens, young Ducks.

Fish; as, Lobsters, roasted or cold, butter'd Crabs in Shells, or on Toasts, broil'd Pike, spitchcock'd Eel, Collar'd Eel, Salmagundy, Marinated Fish.

Calf's-liver, or Ox-heart, stuffed and roasted, with Gravy Sauce.

Pork Griskins.

Collar'd Pig.

Potted Venison, in Slices.

Collar'd Beef in ditto.
Pease.

Pasty; as, Tansey, Tarts, Jellies, Creams, Sweetmeats, Rock of Snow, and Syllabubs.

Fruits; as, Melons, Grapes, Apples, Pears, Figs, Mulberries, Raspberries, Currants, Peaches, Apricots, &c.

SEPTEMBER.

First Course.

Venison; as, the Haunch, &c.

Poultry; as, Roasted Geese, Pigeons and Bacon boil'd, Rabbits and Onions, Pullets and Oysters, with Bacon.

Fish; as, Skate or Thornback, Bisque of Fish. Boil'd Beef, and Gardenstuff.

Leg of Pork, with Greens. Knuckle of Veal, Bacon and Greens.

Chine of Mutton, with a Sallad and Eggs.

Boil'd Leg of Mutton with Turneps.

Calf's-head and Bacon.

Pasty; as, Pigeon, or Squab Pye, Pork Pye, a Pye with Rabbits, and Pork Steaks, Lumber Pye, Venison Pasty, Beef-steak Pye.

Pye, Pork Pye, with Potatoes cut in Dice, Veal Pye, Battalia Pye.

Second Course.

Poultry; as, Ducks, Partridges, Pheasants, Teals, Wigeons, roasted.

Fish; as, Spitchcock Eel, fry'd Smelts and Soles, Jowl of Sturgeon, pickled Salmon, collar'd Eel, Lobsters.

Roasted Shoulder of Mutton
Collar'd Beef in Slices.

Collar'd Pig, in *ditto*.

Cold Neat's Tongue, in *ditto*, with Butter.

Pease.

Artichokes.

Pastry; as, Hot-butter'd Apple-pye, Cheese-cakes, Tarts, Creams, Jellies.

Fruit; as, Melons, Apples, Pears, Figs, Peaches, Nectarins, Morello Cherries, Currants, Grapes, Mulberries, &c. Walnuts, Filberts.

OCTOBER.

First Course.

Venison; as, Haunch of Doe, boil'd with Garden-stuff.

Poultry; as, Bisque of Pigeons, Geese roasted, Turkey with Oysters.

Fish; as, Cod's-head, with Shrimps and Oyster Sauce, Tench or Carp stew'd, Garnets.

Ham and Fowls, with Roots and Greens.

Bacon or pickled Pork and Fowls, or Pigeons with *ditto*.

Turkey and Chine.

Chine of Veal and Ragou.

Chine of Mutton and Pickles.

Powder'd Beef, with Roots and Greens.

Neat's Tongue and Udder roasted.

Scots Collops.

Pork salted and boil'd with Greens, &c. and a Pease Pudding.

Pastry; as, Lumber Pye, Venison Pasty, Mutton Pye, Pigeon Pye.

Second Course.

Poultry; as, Wild Ducks, Teals, Wigeons, Esterlings, Woodcocks, Snipes, Larks upon Scuers, Partridges, Pheasants.

Fish; as, Eels boil'd, Smelts fry'd, Chine of Salmon broil'd or fry'd, with Anchovies and Shrimp Sauce.

Salmagundy.

Artichokes.

Slic'd Tongue and Pickles.

L

Pastry;

110 *The Young Woman's best Companion.*

Pastry; as, Tarts, Custards,
Cheese - Cakes, Jellies,
Creams, Quince Pye,
Potato Pye, &c.

Fruit; as, Apples, Pears,
Peaches, Nectarins, Plumbs
Grapes, Mulberries, Figs,
Walnuts, &c.

NOVEMBER.

First Course.

Stew'd Beef in Soup, or
good Broth.

Poultry; as, Turkey boil'd
with Garden-stuff roasted
Geese, Hen Turkey roast-
ed, with Oyster Sauce,
Rabbets and Onions.

Fish; as, Tench or Carp
stew'd, Dish of Gurnets,
scollop'd Oysters, and
stew'd Carp.

Boil'd Leg of Pork, with
Turneps and Greens.

Boil'd Haunch of Doe Veni-
son, with Herbs and Roots.

Leg of Mutton boil'd, with
Greens, &c.

Boil'd Fowls and Bacon,
or Ham, or Pickled Pork
and Greens.

Chine of Mutton roasted,
and Pickles.

Chine of Veal, with Pickles.

Breast of Mutton ragoo'd.

Ragoo'd Veal.

Calf's Head boil'd, grill'd,
or hash'd.

Ox-cheek stew'd or bak'd,
Pastry; as, Venison Pasty,
Minc'd Pyes.

Second Course.

Poultry; as, Woodcocks,
Snipes and Larks, Par-
tridges, Pheasants, Wild
Ducks, Wigeons, Teals.

Fish; as, Smelts fry'd, Chine
of Salmon ditto, mari-
nated Fish.

Neat's Tongue, in Slices,
with Pickles.

Collar'd Beef, in ditto.

Potted Beef, potted Hare,
potted Pigeons, &c.

Pastry; as, Hot butter'd
Apple Pye, Pear Pye,
with Cream, Potato Pye,
Quince Pye, Jellies, Tarts,
Cheese-cakes.

Fruits; as, Apples, Pears,
Walnuts, Chesnuts, dry'd
Plumbs, Grapes, &c.

DECEMBER.

First Course.

Soups of Gravy or Pease;
or Plumb-pottage.

Poultry; as, boil'd Pullets
and Oyster Sauce, or with
Sausages, Rabbets and
Onions, Hare grigg'd,
Pigeons and Bacon.

Fish; as, Cod's Head with
Shrimp and Oyster Sauce,
and

The Young Woman's best Companion. III

and garnish'd with Smelts
or Gudgeons, stew'd Carp
or Tench, with Eels spitch-
cock'd or fry'd, stew'd
Soles, Turbot, &c. Oysters
before Dinner.

Ham and Fowls, boil'd with
Greens.

Buttock of Beef, *ditto*.

Leg of Pork, Greens, and
Pease Pudding.

Haunch of Venison boil'd,
and Garden-stuff.

Leg of Mutton boil'd, with
Turneps and Greens.

Leg of Lamb with Spinach,
and the Loin fry'd, in
Chops, round the Dish.

Chine of Pork and Turkey.

Calf's Head and Bacon.

Sir-loin of Beef roasted,
with Cauliflowers, Horse-
radish, &c.

Chine of Mutton and Pick-
les.

Pasty; as, Minc'd Pyes,
Lumber Pye, Veal Pye,
Squab Pye, Venison Pasty,
Battalia Pye, Marrow
Puddings, &c.

Second-Course.

Poultry; as, Capon, Rabbits,
Hare, Turkey, Pheasants,
Partridges, Woodcocks,
Snipes, Larks, Wild Duck,
Teal, Easterlings, Wi-
geons, Bustard, Squab-
Pigeons, roasted.

Fish; as, Potted Lamprey,
potted Chars, potted Eels,
Jowl of Sturgeon, Lob-
sters, Bisque of Shell-
fish, &c.

Brawn in thin Slices.

Fore-Quarter of Lamb roast-
ed, and Mint Sauce, and
Sallads, garnish'd with
Orange.

Leg of *ditto*, boil'd with
Spinach, Loin in Steaks,
round the Dish, and O-
range in Slices.

Pasty; as, Tansey, Pear Tart
cream'd, potted Venison,
Apple Pye, Tarts, Cheese-
cakes.

Fruit; as, China Oranges,
Chefnuts, Pomgranates,
Apples, Pears, dry'd
Grapes, &c.

Messes for Suppers.

Brawn, Ham, *Dutch*, or
Hung Beef.
Collar'd Beef, Mutton, Pig,
Veal, Pork, Eel, &c.
Potted Beef, Pigeons, Hare,

Venison, Eel, Char, Lam-
preys, Trouts, &c.
Neat's Tongues, Calves,
Stags, or Sheep's Tongues.

Stew'd Beef, Veal, Mutton,
Hare, Pigeon, Ducks,
Wild-fowl, Pig.
Ox or Calf's Heart stuffed
and roasted; Sheep's
Heart.
Hash'd Veal, Mutton, Beef,
Lamb, with Pickles.
Minc'd Veal, &c.
Mutton or Beef, Sweet-
breads and Kidnies.
Veal Sweetbreads ragoo'd.
Lamb's Liver and Bacon
fry'd.
Hog's Liver, Crow, and
Sweetbread, fry'd.
Calf's Liver and Bacon fry'd,
or roasted and stuffed.
Tripe fry'd, boil'd, or
fricafy'd.
Eggs and Bacon.
Eggs in Shells.
Eggs poach'd.
Eggs poach'd, and Spinach
stew'd.
Salmagundy.
Sallads of different Sorts,
according to the Season.
Pigs Petticoes.
Beef Steaks and Oyfters, or
with Gravy and Horse-
radish, or with a Relish
of Anchovy, or Walnut
Pickle.

Scots Collops.
Veal Cutlets.
Mutton Cutlets, or Chops,
with Pickles or Horse-
radish, or with Sauce made
of Capers, Butter, and a
little Sugar.
Chickens boil'd with Parsley
and Butter, or roasted.
Rabbets fricafy'd, or roasted.
Butter'd Turneps.
Artichokes.
Potatoes.
Anchovies, Walnuts, Cu-
cumbers, and other Pick-
les.
Pickled Herrings, Oyfters,
Salmon, Sturgeon, &c.
Mackerel boil'd, sous'd, or
broil'd.
Cod and Oyfter Sauce, Trout,
Soles, Smelts, Gudgeons,
Tench, Carp, Whittings,
Skate, Plaife, Flounders,
&c. Lobsters, Crabs,
Prawns, Cray-fish, Oyfters
and other Fish in Season.
Tarts, Cheese cakes, Cuf-
tards, Jellies, Sweetmeats,
Pyes, Pasties, and Fruits
according to the Season.



I N D E X.

		Page
A		
A LMOND	Page	
make	26	
Puffs	44	
Apple Dumplins	31	
Apricot, to preserve	70	
Ale Orange, to make	58	
Posset	71	
B		
Brandy Elixir	89	
Bitters, to make	91	
Beef, to chuse	93	
Bacon, to chuse	97	
Brawn, to chuse	95	
Butter, to chuse	95	
Beef Stakes	3	
Beef Rolls	20	
Dutch, to make	26	
Steaks, to fry	3	
Brockley, to boil	60	
Beast Kidnies, to roast	55	
Buttons Mushroom, to pickle	63	
Barberries, to pickle	65	
C		
Cabbage, red, to pickle	65	
Cake, Carraway, to make	48	
Iceing for	47	
Bisket, to make	51	
Portugal	ib.	
Shrewsbury	48	
Cake, Seed		49
Breakfast		50
fine		49
to keep all the Year		48
Plumb		47
Plumb, another Way		50
Calf's Head, to fry in Eggs		18
to make Pye of		ib.
Catchup		63
Cheese Cakes		37
common		ib.
without Currants		ib.
Cream		38
Cherries, to dry		72
Chickens, to fricasey white		8
to boil		ib.
Collops Scotch, to make		7
another Way		15
Collops minc'd		74
Cod's Head, to dress		41
Cod's Zoons		46
Cracknels		51
Cream Lemon		52
Quince		68
of any preserved		
Fruit		68
Chocolate, to make		52
Gooseberry		54
another Way		61
Apple		53
	L 3	Cream

I N D E X,

	Page		Page
Cream Curds	52	E	
Cucumbers, to pickle	100	Eels, to roast	6
—— another Way	ib.	—— to collar	39
—— to make Mango		—— to stew	42
of	63	Elder Buds, to pickle	61
—— to make Pickle		Elder, to make Pickle for	62
for	64	Eye Water	78
—— to stew	55	—— the weaker	79
—— to fry, for Mut-		Elixir Salutis	80
ton Sauce	25	Eye Salve	84
Cancer in the Breast	76	Eggs, to chuse	96
Cough, Electuary for	81		
Cancer, or sore Mouth, Wa-		F	
ter for	ib.	Fowl, to force	25
Canker in the Mouth	86	Fritters, Fruit, to make	28
Convulsive Fits	ib.	—— Apple	29
Compound Balsam for		—— Oatmeal	31
Wounds	89	French Bread, to make	68
Chin Cough	87	Floss Unguentorum	76
Consumption, to cure	90	Fever Powder	79
Children cut their Teeth		For Felon or Whitloe	82
easy	ib.	Fish, whether fresh or stale	96
—— another Way	91		
Cough in a young Child		G	
	ib.	Girkins, to pickle	64
Corn on the Toe	ib.	Gingerbread, white	46
Child, to wash when sore or		—— red	ib.
gall'd	92	Gripes in Children	92
Cheese, to chuse	96		
Cyder, to make	147	H	
		Hams or Tongues, to salt	49
D		Hare, to stew	4
Ducks, to boil	7	—— to jugg	5
Dumplings, Herb, to make		—— to roast, with a Pud-	
	32	ding in the Belly	ib.
—— plain Fruit	ib.	Herrings, to boil	42
—— Apple	ib.	—— to fry	43
		—— to pickle	ib.
		Her-	

I N D E X.

	Page		Page
Herrings, to keep all the Year	44	Mango, Cucumbers, and small Melons	61
Hotch-potch, to make	73	Mutton, to chuse	91
How's Water for the Stone	77	——— Steaks, to fry	3
——— another Way	ib.	N	
——— another Way	78	Nasturtium Buds, to pickle	69
Help for Delivery	89	O	
Head-ach	91	Orange Tarts, to make	34
Hams, to chuse	94	Oysters, to fry	100
I		——— to scallop	44
Issue Plaister	87	P	
Jaundice, black or yellow	85	Pallets stew'd	12
L		Pancakes, clare	30
Lamb, Leg of, boil'd, with Loyn fry'd	4	——— Rice	28
——— with Chickens	ib.	Parsnips, to fry, to look like Trout	53
Lobster, or Crab, to roast	22	Plague Water	75
——— to butter	ib.	Plaister for Crush, Bruise, or Strain	86
Leatch, to make	60	Pork, to chuse	94
Loaves, Oyster	33	Paste, to make, for a standing Pye	89
Lime Drink	81	——— short	36
Looseness violent, to stay,	90	——— for Tarts	35
M		——— another Way	ib.
Macaroons, to make	50	——— light	ib.
Milk mulled, to make a Dish of	60	——— sweet	20
Mulberries, to preserve, whole	69	Pears or Pippins, to dry, without Sugar	68
Mushrooms, to pot	45	Pigeons, to stew	11
——— to stew	44	——— to pot	12
——— to pickle	62	——— boiled with fricasey Sauce	ib.
——— to fry	71	——— marinaded	11
——— Powder, to make	70	——— to jugg	10
		——— to pickle	20
		Pigeons,	

I N D E X.

	Page		Page
Pigeons, to broil, whole	12	Purflain, to pickle	66
Pig Royal, to collar	21	Pye, Eel	33
—Ears, to fricasey	13	—Turbot Head	ib.
—Head rolled, to eat like		—Woodcock	19
Brawn	16	—sweet Chicken	17
Pike, to eat like Sturgeon		—Caudle for	34
	38	—Oyster	22
—to stew	40	Pickle for Salmon	21
—to roast, with a Pud-		—for Sturgeon	73
ding in the Belly	40		
Plumbs, to preserve	69	Q	
Poffet, Sack, to make	62	Quinces, to preserve	75
—to make Froth for	ib.	— for a Quincey	88
Potatoe Crabs, to pickle	ib.	Quartain Ague	91
Pudding, black, to make	29		
—Custard	66	R	
—Orange	25	Raspberry Cream	51
—Oatmeal	75	Rabbets, to fricasey, brown	
—Apple	24		5
—Ground Rice	24	—white	6
—Gooseberry	33	—dress'd, to look	
—College	66	like Moor Game	ib.
—Potatoe	24	Raspberry and Strawberry	
—Carrot	23	Fool, to make	26
—Quaking, to make		Rupture	92
	ib.	S	
—another Way	27	Shrimps, to butter	2
—Seago	66	Salmon, to collar	21
—Pearl Barley	70	Sprouts Savoy, to boil	61
—Hunting	23	—Cabbage	53
—Liver	31	Sauce for Turkey	10
—for Hare	5	— for Pike	40
—another Way	30	—for boiled Salmon or	
—Herb	ib.	Turbot	45
—Curd	38	—for Haddock or Cod	
—white, in Skins	28		42
—Marrow	23	—for Salmon or Turbot	ib.
—Bread	30	—for Chickens	9
		Sauce	

INDEX.

Sauce for Turkey, another Way	Page 10	Tansey, boiled	Page 27
— for Tongues	17	Tarts, Marrow, to make	32
— for Cod's Head	41	— Sweetmeat	34
— for Flesh or Fish	67	Toasts, fry'd, to make	67
Soop, Hare	1	Tongues, to roast	17
— green Pease	ib.	— to pot	46
— in Winter	2	Tripes, to fricasee	13
— Craw Fish	ib.	— to eat like Chickens	ib.
— Scotch	3	Trout, or other Fish, to fry	
Seago Gruel	54		45
Sausages, Bologna, to make	27	Tench or Carp, to stew	41
	39	Turkey, Cock or Hen, to chuse	96
Smelts, to pot	46	— to boil	9
— to pickle	86	— to roast	10
Sinews that are shrunk	80		
Surfeit Water	90	V	
— another Way	80	Vomiting after Meat	87
Scurvy, Receipt for	82	Veal, to chuse	95
Salve for a Strain	84	— to roll	14
Scald Head	81	— to stew	ib.
Swelling, with Inflammation	91	— to stew Fillet	15
Spots or Stains, to take away	54	— to roast, savoury	67
	73	— Sweetbreads, to frica-	
Spinage Toasts, to make	73	seey	13
Sturgeon, how to order	ib.	— Cutlets, to make	16
— how to make	72	— another Way	ib.
Pickle for	35	Vinegar, to make, of Goose-	
Sack Posset, to make	55	berries	70
Shell Paste	9	— another Way	74
Stuffing for Beast Kidney			
— for a Turkey		W	
		Walnuts, white	65
T		Whigs, to make	50
Tansey, to make	34	Wine, Elder, to make	56
— another Way	ib.	— Flower	69
— another Way	54	— Gooseberry	56
		Wine,	

I N D E X.

	Page		Page
Wine, Balm	ib.	White Liquorice Cakes	90
— Raisin	57	Wen, for a	88
— Birch	ib.	Worms	89
— Currant	58	Warts	91
— Orange	59	Y	
— Cowslip	ib.	Yellow Jaundice	76
Woodcock, to roast	18	— another Way	88
Wound Drink	82	Yellow Salve	83
Worms in the Stomach	87		
White Juice of Liquorice	88		

F I N I S.



